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OH, RATS! RODENTS RAID CENTRETOWN STREET metroNEWS



Wanted: Public partner for central library

DEVELOPMENT

**New facility
must be 'bold'
and 'inspiring'**



**Haley
Ritchie**
Metro | Ottawa

Things are in motion for Ottawa to get a new central library, but don't expect anything overnight — the city predicts shovels won't hit the ground until 2018.

On Tuesday, a request for expressions of interest was published, inviting developers and architectural firms to notify the city if they might want to be involved. It's the first step in the procurement process.

In June, the library board decided it would make more sense to build a new library along the LRT route, instead of renovating the downtown location.

The new library will be "bold

and architecturally inspiring" and "capture the imagination of the Ottawa region," according to the contract documents.

In order to achieve that goal, the city wants to find a private partnership to save costs. One option would be a similar build to the Arts Court redevelopment, which includes a theatre, gallery, condos and a hotel.

The documents ask companies to answer questions about their preferences for the project. For example, whether they would prefer a "standalone building" or a central library "with other development opportunities."

The tender document notes that the library should remain a separate entity, with a space of about 132,000 square feet.

A location has yet to be decided — the tender provides 557 Wellington St. as an example for the project. Part of the project would also be "leveraging" the old property, likely selling it off to generate funds.

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Sen. Patrick Brazeau, once a member of the Conservative caucus, admitted to cocaine possession and assault as his trial resumed Tuesday in Gatineau. JUSTIN TANG/THE CANADIAN PRESS

Brazeau pleads guilty as charge nixed

COURTS

Outlook has former Harper aide eyeing Senate return

Sen. Patrick Brazeau pleaded guilty Tuesday to reduced charges of assault and possession of cocaine after a more serious charge of sexual assault was dropped because the Crown said it did not have sufficient evidence.

The former member of Ste-

phen Harper's Conservative caucus drew a step closer to being able to resume his Senate career as both his lawyer and the Crown prosecutor recommended an unconditional discharge.

Brazeau entered the pleas Tuesday at a courthouse in Quebec.

Gerard Larocque, Brazeau's lawyer, told Quebec Court Judge Valmont Beaulieu that if his client receives an unconditional discharge, "his chances are excellent" of being able to return to the upper chamber as a senator.

According to the rules, serious criminal convictions accompanied by substantial jail time are usually a one-way ticket out of the Senate. But the reduced charges, combined with an unconditional discharge, could be a boon to Brazeau — for now.

Beaulieu said he will rule on Brazeau's sentence Oct. 28. Still, the senator's legal troubles are far from over.

He is scheduled to stand trial for allegedly being behind the wheel of a vehicle while impaired.

He also goes to trial in March

on charges of breach of trust and fraud in connection to his Senate expenses.

The embattled senator said outside the courthouse he was planning on taking a vacation and was relieved that the sexual-assault charge was dropped.

"For 2-1/2 years I've been charged with sexual assault, and that accusation is one of the worst that anyone can have," he said. "And it's over. I've been found not guilty of that."

Brazeau had been charged with assault and sexual assault arising from an alleged inci-

dent in 2013, but Crown prosecutor Sylvain Petitcher said Tuesday there was not enough evidence to go forward with the sexual-assault count.

"What we told the court is that given the proof at this time on the sexual-assault charge, getting a verdict beyond any reasonable doubt seemed to us not very probable," Petitcher told reporters outside the courtroom.

Petitcher suggested one reason Brazeau decided to plead guilty is because a video confession made by him was scheduled to be shown during the

+ BACKGROUND

Brazeau, the former head of the Congress of Aboriginal People, was named to the Senate by Prime Minister Stephen Harper in December 2008.

trial.

"By pleading guilty, the video will not be shown and he won't be counter-interrogated. So that's maybe a strategic decision," Petitcher said.

THE CANADIAN PRESS

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Kids with autism can jam, too

INCLUSIVITY

Monkey Rock Music works to accommodate special needs



Lucy Scholey
Metro | Ottawa

Sometimes when John King plays his guitar before a class of kids on the autism spectrum, an extra set of little hands tugs at his arm or strums along with him.

King patiently perseveres with the tune — maybe a rendition of Brown-Eyed Girl or Roar — adjusting the pacing of his class to suit their needs.

The new program at King's popular Monkey Rock Music in Ottawa is tailored for kids on the spectrum. Like his regular classes, the youth clap along, touch the guitar and sing with their parents and the instructor. But the musical sessions are shorter, and the class sizes are smaller.

"Our expectation of the kids is different," said King. "There's a lot more room for them to figure out how they're going to enjoy the class."

"Some kids on the spectrum will have difficulty with auditory sensory issues, so the teacher can evaluate what's going to be best for them,

whereas other kids are going to respond more positively to the stimuli."

About seven years ago, King started Monkey Rock Music as a way to get kids involved in live music, rather than the recorded lullaby versions of AC/DC and Coldplay available in "chi-chi baby shops."

Parents started tuning in, and the class has grown to about 350 students a season at various venues across the city.

The doors to his musical classroom are open to all kids aged four and under, with King relying on the parents to engage their babes in the class. But he started noticing that parents of children on the autism spectrum felt uncomfortable in the classroom.

"I wanted to also offer a space where, again ... parents could be around more parents and the same experiences," he said. "They know that the other parents in the class are going to have a different level of understanding."

King has been working on similar classes for Mother Craft, a non-profit group that offers programming for children with autism, and the Ottawa Children's Treatment Centre. This new class is led by one of King's senior instructors.

There have been studies about the benefits of music for children with the neurological disorder. The Autism



An instructor rocks out at a first birthday party. The Ottawa-based program will offer lessons specially tailored to children on the autism spectrum, who may have different ways of engaging. CONTRIBUTED

Canada Foundation, a volunteer-led support group for families living with autism, says the medium is nonverbal, non-threatening and can help develop social skills.

Some children on the spectrum are sensitive to music and can experience perfect pitch or have exceptional skills at

playing instruments.

Last year, the National Arts Centre teamed up with the Lotus Centre for Special Music Education to create live-music workshops for children with autism and Asperger syndrome. At the time, Erin Parkes, director of the Lotus Centre, said there was nothing in Ottawa

for children with special needs in terms of music classes.

Now there's Monkey Rock Music. And its new class is open to anyone.

"Anybody who thinks the altered programming would be beneficial to their child — they're welcome to join," he said.

The first class was last Saturday, but there's room for more, and they are pro-rated.

Starting at the end of this month, Monkey Rock Music will expand to Montreal, after parents who moved away started requesting his class. King said he will be travelling there two days a week.

“There’s a lot more room for them to figure out how they’re going to enjoy the class.”

John King

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A tale of suffering and solidarity

ANNIVERSARY

Story of AIDS Committee of Ottawa told through book



Lucy Scholey
Metro|Ottawa

It was the middle of the AIDS epidemic in 1985, when gay men and people with HIV faced fear, hostility, grief and anger.

Despite the stigma, Barry Deeprose helped found the AIDS Committee of Ottawa (ACO) that year.

Five years later, Anne Pilon would be the first woman to walk through ACO's doors. Then a 19-year-old re-

covering addict with HIV, she asked to join the 16 other members.

"They welcomed me with open arms," she said. "I was part of that group for a few years but unfortunately I'm the only survivor."

The words of Deeprose and Pilon appear in the ACO's new Legacy Project, ACO XXX: Our Words, Our Stories, Our Lives.

It's a glossy coffee-table book about the people who shaped — and were shaped by — the AIDS support group.

Since the advent of Highly Active Anti-Retroviral Therapy (HAART) in 1996, AIDS is no longer the death sentence it once was. But the stigma remains.

Last year, the ACO launched a discrimination lawsuit against a landlord

who allegedly terminated the group's new lease at the last minute.

"(The) stigma and discrimination that's attached to HIV/AIDS is still, today, one of our biggest battles," said Khaled Salam, the ACO's executive director.

The ACO will celebrate its 30th anniversary this Saturday at the St. Elias Banquet Centre.

+ FUNDRAISER

The ACO has a fundraising effort underway, called 30-30-30. The committee is asking for 30 pounds of used goods — or two full garbage bags — over 30 days. You can drop them off at Value Village before Sept. 19.

FOOD AND DRINK

TV chef finds room in soul for local fish



Haley Ritchie
Metro|Ottawa

West-coast chef Spencer Watts is a long way from the seafood he grew up with in Vancouver. To fans of coastal cuisine, Ottawa might seem like an odd place to host a show dedicated to cooking fish.

But Watts said he's had no trouble making it work and has been impressed by both local fish and local restaurants.

"Seafood is a part of my soul," he explained, taking a quick break from filming *Gusto* TV's latest series, *Fish the Dish*.

The concept behind the show is making fish and seafood approachable for amateur cooks. The dishes span seafood

from coast to coast, including species you'd find in our own waters.

"There's some things that I haven't used a lot, and it's really nice to work with those fish and try to fall in love with it," he said. "Perch is a good example, pickerel, the walleye — I totally get it; it's a terrific fish."

"Everybody is into salmon and crabs and stuff, but I had a bite of that fish and was sold on it," he said.

A variety of other species show up in the program, of course, including a comparison of regional salmon.

"It's fun, it's colourful, it's bubbly, and we highlight lots of Canadian fish," said Watts.

Fish the Dish is still filming in Westboro this week and will air in early 2016.



West-coast native Spencer Watts is in Ottawa this week filming a series on how to cook seafood. HALEY RITCHIE/METRO

IN BRIEF

Raids end in prostitution, human-trafficking charges

A four-month human-trafficking investigation has led to dozens of charges against a 33-year-old Ottawa man.

Police say they raided three locations Monday, two of which were operating as massage parlours.

They say officers found four female victims and seized \$14,000 in cash.

Zhao Liu is charged with 76 human-trafficking and prostitution offences related to 17 female victims.

Police say a woman was also arrested but has been released without charge.

THE CANADIAN PRESS

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Decision reserved in aide trial

INFLUENCE PEDDLING

Judge will set a date for release of ruling Oct. 2

A judge has reserved her decision in the case of Bruce Carson, a former top aide to the prime minister who is charged with influence peddling.

Ontario Superior Court Justice Bonnie Warkentin says she will set a date for releasing her ruling on Oct. 2.

As the two-day hearing wrapped up Tuesday, Carson's lawyer said his client worked in 2010 and 2011 to help an Ottawa company sell water treatment systems for First Nations communities.

"There's no question about that," Patrick McCann said.

But nothing in the Criminal Code prevented Carson from doing that, said McCann. He stressed that his client was lobbying First Nations communities, not the federal government, to purchase water purification equipment from a firm known as H2O Pros and

H2O Global, where his girlfriend at the time, a former escort, was employed.

McCann also conceded that Carson clearly held sway with the Harper government. Carson had been a senior adviser to the prime minister from the time the Conservatives first took office in 2006, until he left the post in 2008.

"There's no question that my client was motivated to help H2O and, by extension, his girlfriend," McCann told the judge. But that, McCann said, was irrelevant.

“There's no question that my client was motivated to help H2O and, by extension, his girlfriend.”

Patrick McCann

He pointed to a protocol for procurement of goods by First Nations, developed in 2009, which he said made clear that

aboriginal communities exercise control over what they buy and how they buy.

"It was entirely up to the aboriginal bands" to determine whether to buy water purification systems and from whom to buy, he said.

Testimony provided at Carson's preliminary hearing, made public in this week's trial, showed Carson first went to Shawn Atleo, then the national chief of the Assembly of First Nations, to seek guidance about who to approach about helping H2O Pros sell their treatment systems.

Carson told investigators that Atleo advised him to speak with two officials in the Aboriginal Affairs department.

But Crown prosecutor Jason Nicol told the court any suggestions that the AFN was in control of procuring water treatment devices would be false. And he countered that Carson returned repeatedly to officials in the Aboriginal Affairs Department, known at the time as Indian and Northern Affairs Canada, even offering to pay for officials to travel to Saskatchewan for demonstrations of the systems. THE CANADIAN PRESS



Bruce Carson, a former Stephen Harper adviser, makes his way to the Ottawa court house. FRED CHARTRAND/THE CANADIAN PRESS

CITIZENSHIP

Court dismisses niqab appeal



Zunera Ishaq talks to reporters outside the Federal Court of Appeal, Tuesday. PATRICK DOYLE/THE CANADIAN PRESS

A Federal Court of Appeal panel has dismissed a government appeal over a ban on face coverings at citizenship ceremonies.

The three justices ruled from the bench, saying they wanted to proceed quickly so that Zunera Ishaq, the woman who initially challenged the ban, can obtain her citizenship in time to vote in the Oct. 19 federal election.

Ishaq, a 29-year-old woman with devout Muslim beliefs who came to Ontario from Pakistan in 2008, refused to take part in

a citizenship ceremony because she would have to show her face.

The Harper government's rule banning face coverings at such ceremonies was earlier found unlawful by the Federal Court.

Justice Department lawyer Peter Southey argued unsuccessfully that the lower court justice made errors in his original decision to overturn the ban.

Appeal Justice Mary Gleason said the court saw no reason to interfere with the earlier ruling.

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City, police brace for Uber protest

RIDE SHARING

Taxi services ready for global demonstration



Joe Lofaro
Metro|Ottawa

Ottawa police and city officials are preparing for an anti-Uber

protest on Wednesday as the battle between the taxi industry and the ride sharing company has turned violent in recent weeks.

An ominous-looking video on liveleak.com promoting the worldwide protest has been circulating online for weeks saying a "storm" is coming.

What that "storm" entails has been kept under wraps, but Ottawa police and the City of Ottawa are preparing to deal with

whatever comes their way.

Ottawa police spokesman Marc Soucy said organizers have been in touch with the force about their plans to rally outside City Hall, for which they sought permission in advance.

He said police will be monitoring the situation.

"We'll be there with the appropriate numbers. If we need to bring more (officers), we'll bring more. If we need to de-escalate

and have less, we'll have less. It all depends on how many demonstrators show up," said Soucy.

Uber Canada spokesman Xavier Van Chau wouldn't provide an on-the-record comment in response to an email from Metro on Tuesday.

The protest comes on the heels of a viral YouTube video, which showed a BlueLine driver berating and threatening an apparent Uber driver and passenger.



Organizers have been in touch with law enforcement ahead of the rally set for Wednesday to ensure a legal gathering. GETTY

CABBIE TIRADE

Driver could lose licence over video



Lucy Scholey
Metro|Ottawa

There's still no word on whether the City of Ottawa will revoke the licence of a cabbie who was videotaped swearing and threatening an Uber driver.

But the city is legally able to suspend or remove the licence of a taxi driver who has broken the law or "acted in any way that is adverse to the public interest," according to Philip Powell, the city's program manager of licensing, permits and markets.

In a video posted to YouTube, the driver in question — who other media have identified as Walid Salika — is shown yelling at the Uber driver: "You think I'm joking? If I see you again you're dead meat. Go follow the law and get a real job." The situation then spirals into a swearing and physical confrontation. The Uber driver then threatens to call the police.

Ottawa Mayor Jim Watson recently told CBC News that city staff are looking into this case.

"I've asked our staff to find out if they can identify the individual, if he's a taxi driver, and if we have the legal ability to remove his licence, which I think we should because that kind of vulgar behaviour has no place in our city," Watson

told the broadcaster.

The investigation would be left to the city's chief licence inspector, who would determine if there's reason to suspend the driver's licence for up to two weeks. The inspector can also request that the license and property standards committee look into the case, which could lead to revocation.

Ottawa police said Sunday they are investigating, but have yet to speak to a victim.

Amrik Singh, president of taxi Union Local 1688, said he has not heard whether or not the city is looking into revoking Salika's licence.

Meanwhile, the driver has voluntarily stopped working, pending a review from cab company Coventry Connections and city authorities.

WITH FILES FROM JOE LOFARO



A cabbie threatens an Uber driver in a video uploaded to YouTube last weekend.

YOUTUBE

IN BRIEF

Investigators seek victim of bus assault

Ottawa police are investigating a video on Twitter which appears to show a man repeatedly punching another man sitting in his seat on an OC Transpo bus.

The video shows a part of a verbal exchange between the attacker and the other man in his seat. The man on foot soon approaches the victim and

punches him eight times in the face with no resistance.

Const. Marc Soucy said police were made aware of the video over the weekend, but do not have very much information about the incident.

Police are attempting to talk to the victim and any witnesses. Anyone with information on the incident is asked to call Ottawa police at 613-236-1222.

JOE LOFARO/METRO

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Centretown has rodent issues

HYGIENE

Pests seen in at least two buildings



Joe Lofaro
Metro | Ottawa

There appears to be a rodent problem hitting some homes in Centretown after residents reported spotting rats and droppings inside at least two different apartment buildings on Florence Street.

Emily Edge said she saw mice and mice nests in her bedroom underneath her dresser in June and claimed the rodents used her roommate's clothing to build nests in their in-unit storage room.

"She found all of her underwear in a bunch in a corner with all the feces and everything. They took it out of our room and (are) making a nest out of our underwear," said Edge.

One of her neighbours in a different building tried to corral a rat in her home Friday morning, but wound up being scratched was hospitalized, according to Ray Sullivan, executive director of Centretown Citizens Ottawa Corporation (CCOC).

Ottawa paramedics said they treated a 49-year-old woman on Florence Street around noon for a minor scratch from a rodent and sent her to hospital for further assessment at her request.

Efforts to reach the woman were unsuccessful on Tuesday.

Shannon Mannion, another neighbour in the same building, had a more recent run-in with rats after they apparently raided her basement storage room of her apartment building, which is owned by the non-profit housing corporation.

Rat droppings and what appears to urine stains could be seen Tuesday on a few of her storage bins in a closet underground.

"I ended up filling seven in-



I'm terrified of mice. I didn't know that until I started seeing them.

Emily Edge

dustrial garbage bags full of my stored belongings that are now just destroyed. It's an incredible mess in my storage locker," she said.

She blames a combination of poor maintenance of the garbage bags from other tenants and bi-weekly garbage pickup.

Ray Sullivan, executive director of the Centretown Citizens Ottawa Corporation, said his staff responded immediately to investigate the problem, but added a pest control company didn't arrive until 5:30 p.m. Friday.

"It was a one-day incident," he said. "It's not a common occurrence."



Shannon Mannion shows a plastic container covered in what she believes is rat droppings in her apartment basement on Florence Street. JOE LOFARO/METRO

IN BRIEF

City wants to allow detached apartments

Anyone who has ever tried to convert a detached garage into a new little apartment for grandma would know it's illegal in Ottawa.

But the city is looking to become the first in Ontario to allow small secondary dwellings on residential properties.

Called "coach houses," the buildings are not to be confused with town houses or attached granny suites, which are legal in the city.

A change in the zoning bylaw would allow "discreet opportunities to introduce more dwellings in established neighbourhoods while maintaining the character of those neighbourhoods," reads a city press release. There are a number of factors to consider, including property setbacks, minimum lot size, maximum building height, design and landscaping," reads the release.

Ottawa residents are invited to submit feedback on this new bylaw until Oct. 14. There's an online questionnaire at ottawa.ca/coachhouses. METRO

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ONTARIO

Ombudsman not extended

The Liberal cabinet has bypassed Ontario's opposition parties and appointed Barbara Finlay as the province's temporary ombudsman.

The New Democrats had blocked Liberal motions in the legislature to give the job to Finlay, who was deputy ombudsman, until the three parties could agree on a permanent candidate.

The NDP wanted to give Andre Marin another extension while he applied for a third, five-year term as the government watchdog, but the Liberals refused so Marin's term expired at midnight.

Government house leader Yasir Naqvi wrote his Progressive Conservative and New Democrat counterparts saying it is "absolutely un-



Andre Marin

acceptable" for the ombudsman's position to be vacant for even one day.

Naqvi says the government had to appoint the deputy as the temporary ombudsman until the parties can agree on a permanent candidate

because the NDP was "playing politics."

Marin held a news conference Monday to appeal for re-appointment, and criticized the Liberals for politicizing the hiring practice and treating him unfairly as he re-applied for the job.

"Unfortunately there's no ombudsman for ombudsman because I'd be knocking on that door," Marin told reporters.

The three parties did agree on a new environmental commissioner for Ontario, appointing lawyer Dianne Saxe to a five-year term.

Former environmental commissioner Gord Miller retired after three terms and is a Green Party candidate in the Oct. 19 federal election.

THE CANADIAN PRESS

HEALTH

Free fitness passes available

Looking to get fit this fall? The City of Ottawa is giving people the chance to try out different exercise classes and fitness centres for free.

The city is offering free Try It! passes from Sept. 21 to 27.

The free trial lets people attend different classes or gyms before they decide to commit.

The free passes can be used for aqua fitness, cycling and group fitness classes — such as boot camp, Zumba or yoga

— or access to city-run fitness centres.

The free passes are valid at fitness centres across the city. For a full list or more information, visit www.ottawa.ca.

METRO



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Mother Sarah Wilkinson has been using prescribed cannabis oil to prevent life-threatening seizures in her eight-year-old daughter Mia. PETER POWER/THE CANADIAN PRESS

Mom taking 'leap of faith'

MEDICAL MARIJUANA

Albertan denied prescription for daughter turns to Ontario clinic

An Alberta mother whose daughter has severe epilepsy has travelled to Ontario for a medical marijuana prescription after the girl's doctor said he was no longer allowed to provide permission to purchase the product.

In 2013, Sarah Wilkinson had started extracting cannabis oil from dried marijuana — purchased from a licensed grower with a prescription from a neurologist at Alberta Children's Hospital — to prevent life-threatening seizures in her eight-year-old daughter Mia.

But in July, the physician declined to renew the prescription because of a hospital policy based on the position of Alberta Health Services, the provincial health authority, which does not support the use of medical marijuana for pediatric patients with epilepsy.

Wilkinson said the cannabis oil is the only therapy that has worked to stop Mia's seizures, caused by a rare type of epilepsy called Ohtahara syndrome.

Despite taking 30 to 40 anti-convulsive pills daily, Mia would suffer up to 100 seizures a day,

said her mother. But since starting daily doses of oral cannabis oil 19 months ago, she has not had a single seizure.

On Monday, Mia was seen by a doctor at the Canadian Cannabis Clinic in St. Catharines, Ont., and left with a prescription for dried marijuana, which her mother can fill from a federally licensed producer after returning to their Airdrie, Alta., home.

"It's a big relief. I don't have to worry about when I run out of her meds," said her mother, who had been worried about her dwindling supply of medical-grade marijuana purchased with the initial prescription.

Wilkinson said she turned to cannabis because nothing else was helping her child, whose seizures could be so severe she would stop breathing and have to be resuscitated and rushed to hospital.

"I really took a big leap of faith with that," she said of the cannabis oil, adding that within 24 hours of the first dose, Mia's seizures had completely stopped.

For Mia, tetrahydrocannabinol, or TH, appears to be the ingredient in marijuana that controls her seizures.

Without the treatment, "we would have waited for the next big seizure and she would have died. There's not a really nice way to say that."

THE CANADIAN PRESS

ECONOMY

Importers exploring new sourcing options

Economic challenges in China appear to be putting pressure on Canadian companies to search for other countries to source some of their goods.

"For the first time in almost a decade, we have heard customers say they are going back to older sources (of goods)," says Robert Cutler, CEO of Delmar International, a shipping company.

Canadian customers are closely watching China's eco-

nomie slowdown, currency devaluation and stock market volatility. The fall of the renminbi has cut the value of foreign investments in the world's second-largest economy.

Cutler said the Chinese government has a history of moving swiftly to adjust to challenges, making it difficult to forecast how conditions will settle.

While China will likely re-

main a dominant manufacturing centre for consumer goods, he added that companies are increasingly looking at alternatives in Asia, the Indian subcontinent and Latin America.

"The whole trick (for importers) is to keep their supply chain well-oiled and stuff in the pipeline. They don't want that pipeline to stop flowing," he said.

The Montreal-based com-

+ CHINA WOES

The renminbi has dropped to its lowest level since mid-2011, reducing the cost creep of Chinese-made goods.

pany, which bills itself as Canada's largest privately owned freight forwarding and customs brokerage firms, celebrates its 50th birthday this month. THE CANADIAN PRESS

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ELECTION 2015

May a twitter over debate exclusion

Elizabeth May is not letting the lack of an invitation keep her out of Thursday's election debate on the economy.

The Green party leader plans to muscle her way into the conversation — at least online — with the help of Twitter.

The party is teaming up with the social-media company to swiftly film and tweet May's video responses to statements by the three invited leaders.

The Globe and Mail newspaper has asked Conservative Leader Stephen Harper, NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau to discuss economic issues Thursday evening at Calgary's Stampede Park.

May and her team will be hunkered down in a Victoria church with Twitter's Steve Ladurantaye, creating a steady

stream of video remarks, retorts and reality checks.

The exclusion led Twitter's Ladurantaye — a former Globe and Mail reporter, as it happens — to suggest a parallel digital debate, an approach he took in Britain last March with the Scottish National Party.

"You don't need to wait to be invited to something anymore. If you want to be part of it, you can be part of it," Ladurantaye said.

THE CANADIAN PRESS

“You don't need to wait to be invited to something anymore.”

Steve Ladurantaye

AMBER ALERT

Suspect held, but child still missing

RCMP in southern Alberta say they have arrested a suspect in the killing of a father and the abduction of his two-year-old daughter, but they still don't know where the toddler is.

Supt. Tony Hamori wouldn't name the 22-year-old man who was arrested in Blairmore on Tuesday because no charges have been laid.

The search was still on for Hailey Dunbar-Blanchette, who officers believe was taken from her Crownest Pass home in a white van early Monday morning. Her 27-year-old father, Terry Blanchette, was found dead in the home, and police believe his death was a homicide.

"To my knowledge, that per-

son has been arrested in association (with) both the homicide and the disappearance of Hailey," Hamori said at a news conference. He said the suspect is a resident of the town, 220 kilometres southwest of Calgary near the boundary between Alberta and British Columbia.

RCMP say they have found a van that could be associated with the investigation but have not called off the search for the suspect vehicle.

Blanchette, who worked as a cook in a restaurant and was described as a doting father by friends and his boss, had many criminal convictions between 2010 and 2012.

THE CANADIAN PRESS

Harper riding high on surprise surplus

ELECTION 2015

But campaign stumbles over another Tory behaving badly

Stephen Harper was hanging 10 on the crest of a surprise budget surplus Tuesday, showing off his fiscal bona fides as the federal election campaign prepared to convene in Calgary to debate the state of the Canadian economy.

But it wasn't all smooth surfing for the Conservatives: yet another would-be Tory MP took a tumble over inappropriate comments on social media.

Newfoundland and Labrador candidate Blair Dale was dropped over Facebook comments that were "incompatible with our party," said a spokesman.

Dale is the sixth Conservative to be shown the door since the campaign began Aug. 2.

Harper had a little spring in his step in Vancouver as he boasted about Finance Department numbers that show a \$1.9-billion surplus in 2014-15 where once there was a predicted \$2-billion shortfall.

Back on one of his favourite talking points, the prime minister mocked the fiscal-management chops of both Rachel Notley, Alberta's new NDP premier, and Liberal Leader Justin Trudeau.

Trudeau has criticized the surplus as the product of failing to spend adequately on vulnerable Canadians — an accusation the Conservatives deny.

The surplus was achieved



Liberal Leader Justin Trudeau tours a pipe-fitting training facility during a campaign stop in Waterloo, Ont., Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS



WHERE THE LEADERS ARE WEDNESDAY



● **Stephen Harper** has no public events.

● **Justin Trudeau's** itinerary was unavailable.

● **Tom Mulcair** has no public events.

● **Elizabeth May** will be in Guelph, Ont.

HUMAN RIGHTS

Woman unjustly fired for alcohol use, adjudicator rules

A health-care aide's alcohol addiction qualifies as a disability, and her employer was wrong to fire her for drinking off the job, a Manitoba human-rights adjudicator has ruled.

Linda Horrocks is entitled to be reinstated, receive three years' back pay and an additional \$10,000 for injury to her dignity, independent adjudicator Sherri Walsh said in a report released Tuesday.

"The issue for determination in this matter is not whether the complainant was drinking on a given day but rather whether (the employer) made

reasonable efforts to accommodate the complainant as soon as it was aware that she had a disability and special needs associated with that disability," Walsh wrote.

Horrocks was suspended from work at a personal care home in Flin Flon run by the Northern Regional Health Authority in June 2011 after a co-worker complained that she was drunk at work, according to evidence presented at the human-rights board hearing.

She signed an agreement that allowed her to return to work on several conditions, in-

“The issue ... is not whether the complainant was drinking ... but rather whether (the employer) made reasonable efforts to accommodate the complainant.”

Sherri Walsh

cluding that she abstain from alcohol both on and off the job and seek counselling.

Horrocks was fired a year later when her employer received two reports that she had been drinking outside of work — once in a grocery store and once during a phone call

with a manager.

Horrocks denied consuming alcohol and said she had been undergoing addiction counselling.

She eventually filed a complaint with the Manitoba Human Rights Commission, which appointed Walsh to hear

the matter.

The regional health authority told the hearing that it had tried to accommodate Horrocks but also needed to protect the safety of people in the health-care system.

Walsh ruled that alcohol addiction amounts to a disability under the human-rights code, citing a 2013 ruling in a similar case.

She also ruled the health authority failed to accommodate Horrocks' disability because it did not seek advice from experts in drawing up conditions for her return to work in 2011.

95 was still two years away ... (and) the cutting-edge way to apply for a job was to send in your resumé by fax."

THE CANADIAN PRESS

"Instead, I find that members of the (health authority's) staff relied on their experiences with other staff who had required accommodation relating to addiction and on their own personal experiences," Walsh wrote.

"Information of that sort is precisely the type of information that cannot be relied on as the basis for accommodating an employee. Each individual is entitled to an accommodation which is based on an individualized assessment of his or her specific needs."

THE CANADIAN PRESS

Air traffic controllers raise alarm

SAFETY

FAA didn't act quickly enough to air traffic issues

Five air traffic controllers have exposed a problem that is putting planes at risk of colliding or causing accidents due to wake turbulence, a federal whistleblower protection office said Tuesday.

The problem occurs when pilots, air traffic control centres or airline dispatchers try to make changes to a flight plan by creating a second plan for the same flight, according to letters sent to the White House and Congress by the Office of Special Counsel, an independent agency.

The computers that controllers use don't automatically take note when multiple flight plans have been filed and notify controllers, the letters said. This can result in a controller clearing a flight for departure based on an outdated plan, and the pilots flying a route not anticipated or planned for by

the controller.

To try to catch the problem, controllers have to review flights plans, call pilots and search through paper printouts that are passed from controller to controller to track a plane's progress from taxing to takeoff. Then they compare the information on the strips of paper to data displayed on computers.

The Federal Aviation Administration confirmed the problem in December 2014 and revived a working group to address the matter, the counsel's office said in a statement.

But an audit earlier this year confirms that the group had little impact and problem still remains, the counsel's office said.

The controllers who blew the whistle on the problem work at the Detroit Metropolitan Airport in Romulus, Mich. But the problem affects air traffic nationwide.

"The whistleblowers in Detroit deserve our deep gratitude," Special Counsel Carolyn Lerner said. "While more work needs to be done, their actions reignited efforts to address the problems."



Jets sit on the tarmac in front of the control tower at Detroit Metropolitan airport in Romulus, Mich. The office that protects U.S. government whistleblowers says air traffic controllers have exposed a problem that increases the risk of planes colliding or flying dangerously close together. THE ASSOCIATED PRESS FILE

In 2012, the FAA created a working group to address the problem of multiple flight plans. However, the counsel's office said FAA officials have acknowledged the group "had little impact." The agency also

told the counsel's office that senior officials either were not aware of, or did not perceive, the significance of the problem.

Vincent Sugent, one of the controllers who reported the

problem to the counsel's office, said controllers have been complaining to FAA officials about the problem for about seven or eight years. The National Air Traffic Controllers Association also raised the problem with



The whistleblowers in Detroit deserve our deep gratitude.

Special Counsel Carolyn Lerner

the agency, he said.

"They (FAA officials) admitted the problem multiple times," he said in an interview. "But they were just really slow. They weren't acting quickly enough."

Just recently, controllers in Detroit cleared a small airliner for takeoff using a flight plan that said the plane was to head west, Sugent said. It wasn't until after takeoff that controllers discovered a second flight plan had been filed by the airline's dispatchers calling for the plane to head east, which is the direction pilots took, he said.

Incidents like that typically happen once or twice a week in Detroit, and there have been similar incidents reported at other airports, he said.

THE ASSOCIATED PRESS



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Hungary declares state of emergency

EUROPEAN CRISIS

Migrants detained as border with Serbia sealed

Declaring a state of emergency, Hungary sealed off its southern border with Serbia on Tuesday and detained those trying to enter illegally, aiming to shut down the flow of migrants pouring in. Chaos ensued at the border, as hundreds of migrants piled up in a no man's land, and Serbian officials reacted with outrage.

Stuck for an unknown amount of time on a strip of road between the two countries' checkpoints, those fleeing violence in their homelands pitched tents and settled in. But frustrations were on the rise. As a police helicopter hovered above, migrants chanted "Open the border!" and shouted insults at Hungarian riot police. Some refused food and water in protest.

With a razor-wire fence completed along the Serbian border, Foreign Minister Peter Szijarto said Hungary now also plans to

extend the fence for "a reasonable distance" along its border with Romania.

Both Serbian and Romanian governments decried Hungary's moves.

"Raising a fence between two EU member states who are strategic partners is not a fair gesture from a political point of view, according to the European spirit," Romania's Foreign Ministry said.

Serbia's foreign minister declared it was "unacceptable" that migrants were being sent back from Hungary while more and more were arriving from Macedonia and Greece.

"(Serbia) wants to be part of the solution, not collateral damage. There will have to be talks in the coming days with Brussels and other countries," Ivica Dacic said in Prague.

The turmoil at the Hungarian-Serbian border came a day after the 28-nation bloc failed to come up with a united immigration policy at a contentious meeting in Brussels. The ministers did agree to share responsibility for 40,000 people seeking refuge in overwhelmed Italy and Greece and spoke hopefully of reaching an eventual deal — next month or by the end

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of the year — on which EU nations would take 120,000 more refugees, including some from Hungary.

German Chancellor Angela Merkel and Austria called Tuesday for a special European Union summit next week to



People look through a border fence between Serbia and Hungary, Tuesday. Serbian and Romanian governments have decried Hungary's actions. ZOLTAN MATHE/MTI/THE ASSOCIATED PRESS

discuss the continent's immigration crisis.

Hungary, however, was not pinning its hopes on any action

soon from Brussels or its neighbours. Tuesday's state of emergency in two southern regions gave authorities greater powers

to deal with the crisis, allowing them to shut down roads and speed up asylum court cases. THE ASSOCIATED PRESS

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EXODUS

Concerns raised over whether militants with border-crossers

When the Islamic State of Iraq and the Levant lost control of a key crossroads town in northern Syria in June, some militants shed their jihadi garb and blended in with the flood of Syrians fleeing across the Turkish border.

Since then, the exodus of Syrians and Iraqis toward Europe has surged — and Europeans opposed to taking in more refugees say that more than ever, they fear "disguised terrorists" in their midst.

Governments along the route have different assessments of the threat. Two senior Iraqi officials and a Syrian activist say a small group of hardened ISIL extremists is believed to have left the war zones of Iraq and Syria to blend in with the masses of asylum seekers in recent weeks.

Intelligence officials in France and Germany expressed skepticism, saying they have no specific evidence. The Soufan Group, a security consulting firm, said Monday that some infiltration was probable but the extent of the danger was unknowable, making it "susceptible to exaggeration and exploitation."

The disarray of Europe's asylum procedures in the face of thousands of applications has heightened worries, although security experts say Europe is

at far greater risk from home-grown ISIL sympathizers with valid European travel documents and the means to plan an attack.

Leaders of countries opposed to taking in the refugees routinely cite the fear as one of their primary reasons. The concerns are fanned by lines of exhausted refugees, bedraggled families walking northward along railroad tracks, and trains carrying refugees between countries with minimal or no identity checks, straining a system already near the breaking point.

U.S. intelligence officials are worried that Europe's disorganized response will allow terrorists to circumvent checks.

"We don't obviously put it past the likes of ISIL to infiltrate operatives among these refugees," Director of National Intelligence James Clapper said Sept. 9. He said the U.S. is aggressively screening the small number of Syrian refugees it has accepted, but is not so sure every European country is using similar vigilance.

A top Iraqi intelligence official said 20 ISIL fighters from Syria and Iraq, trained and selected by senior ISIL operatives, are believed to have slipped into Europe in recent weeks to plan attacks. The chaos of the mass movement northward

+ CRITICISM

Marc Trevidic, until recently a top French terrorism judge, criticized a group of French mayors who said they would give priority to Christian refugees because of fears of "disguised terrorists."

"Because there is a risk that a few people among the migrants may be from (ISIL), we should do nothing? That's the talk of those who do not want to accept migrants, but it's a little too simplistic," he said last week. "They have absolutely no need of that to send people. There are enough French, Belgians who have passports or identity cards that can return to carry out attacks." THE ASSOCIATED PRESS

"is a chance that will never be repeated," he said. The official declined to say where the men were believed to have landed or whether they are co-ordinating with each other, but said the Iraqi government is working with European authorities to trace them and learn their plans. THE ASSOCIATED PRESS

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Malaysia to try cloud-seeding

WEATHER

Indonesia fights wildfires causing haze

Heavy haze forced Malaysian authorities to shut schools Tuesday in three states and two key cities as aircraft prepared to begin cloud-seeding operations to induce rain to help clear the air.

Indonesia intensified efforts to extinguish the forest fires that cause the haze, which blanketed parts of the archipelago and neighbouring countries. President Joko (Jokowi) Widodo ordered agencies to use all means, deploying more troops, to overcome the haze.

The thick, dirty white haze is an annual phenomenon mostly caused by fires illegally set in Indonesia to clear land for farming.

A plane equipped with chemicals that will help clouds produce rain was due to fly over

Kuala Lumpur and surrounding areas, said Maznorizan Mohamad, a meteorological department senior official. A second aircraft was scheduled to fly over Kuching in Sarawak state on Borneo island.

She said the cloud-seeding is planned for three days but will depend on cloud availability and weather conditions. The inter-monsoon season is expected to start in late September, bringing more rain over peninsular Malaysia to clear up the haze.

"It will bring temporary relief but whatever it is, we have to address the source of the problem," she said.

Indonesian President Jokowi said he ordered law enforcement agencies to take "stern actions" against those responsible for the fires. "The stern actions include revocation of their forest concessions," the presidential office quoted him as saying.

Indonesia's National Disaster Mitigation Agency dispatched 1,250 troops to the most stricken

+ CLOSURES

Some 34 of Malaysia's 52 air quality stations recorded unhealthy air levels early Tuesday. Malaysia's education ministry earlier ordered schools in Kuala Lumpur, government administrative capital Putrajaya as well as Selangor, Negeri Sembilan and Malacca states to close Tuesday.

province of Riau on Tuesday, one day after an emergency was declared due to poor air quality in the peat-rich province.

The agency said 600 officers of an elite police force would follow Wednesday to South Sumatra, Jambi, Central Kalimantan and Riau. Last Friday, 1,059 military personnel were sent to help snuff out fires in South Sumatra.

Indonesian police said they are investigating 131 cases of land and forest burning in several provinces. THE ASSOCIATED PRESS



A Kuala Lumpur police officer stands guard in front of Petronas Twin Towers Monday, a mask on to filter poor-quality air.

JOSHUA PAUL/THE ASSOCIATED PRESS

PUERTO RICO

Pot rules relaxed

Puerto Rico is relaxing prosecution against first-time offenders found with marijuana for personal use in the U.S. territory.

Gov. Alejandro Garcia Padilla signed an executive order on Monday stating that those found with six grams or less of marijuana could face only a fine, community service or rehabilitation. He said the island's justice secretary will make that decision on a case-by-case basis.

Garcia noted that the Department of Corrections spent nearly \$2.3 million in December on those accused of marijuana possession, adding that public funds would be better spent elsewhere fighting violence and other more severe drug offences.

The announcement comes as Puerto Rico faces a liquidity crunch amid a nearly decade-long economic slump.

In May, Garcia issued an executive order directing the island's health secretary to authorize the use of some controlled substances or derivatives of the cannabis plant for medical use.

Legislators in the U.S. territory are now holding public hearings on the issue.

THE ASSOCIATED PRESS

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MARYLAND

Mom indicted in three-year-old's swing death

The facts are hard to fathom: a mother alone with her three-year-old son in a playground in La Plata, Md. for two days straight, pushing him in a swing until he died of dehydration and low body temperature; pushing him even after he died until finally sheriff's deputies came to investigate.

To Vontasha Simms, whose daughter Romechia Simms is now charged with manslaughter, the facts are a clear indication that Romechia Simms was suffering from mental illness so

severe that a criminal prosecution is misplaced.

Vontasha Simms said she was "totally flabbergasted" by prosecutors' announcement Monday that they were charging her 24-year-old daughter with child abuse, manslaughter and child neglect.

"No one in their right mind is going to sit out there for two days in the elements," she said, noting that her daughter was exposed to the weather and had no food or water in those two days.

The case had been under investigation since Ji'Aire Donnell Lee was found dead May 22.

State's Attorney Anthony Covington said the delay in obtaining an indictment simply ensured he had gathered all the information he could. A medical examiner ruled the death a homicide back in June. After Monday's arraignment, Covington said he didn't know whether he might revisit the criminal charges if subsequent mental-health evaluations raise questions about Simms' sanity or competency.

sanity or competency.

Christopher Slobogin, an expert in mental health law, said prosecutors have leeway in deciding whether to bring criminal charges in cases like this. How much Simms' mental illness affects the case depends on how strong the defence's argument is that she is ill, Slobogin said.

"If she's pushing her dead child in a swing, that's pretty good evidence of serious impairment," Slobogin said.

THE ASSOCIATED PRESS

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Members of the Mojave County search and rescue team use dogs to search for bodies after a flash flood on Tuesday.

SCOTT G WINTER/THE DESERET NEWS VIA THE ASSOCIATED PRESS

At least 12 die in flash flood

UTAH-ARIZONA

Community served as home base for sect leader

A wall of water swept away two vehicles carrying women and children in a Utah-Arizona border town, killing at least 12 people with one person still missing as of Tuesday afternoon, in a community where polygamous sect leader Warren Jeffs was based, authorities said.

Three people survived as the flash flooding washed the vehicles several hundred yards downstream, Hildale assistant fire chief Kevin Barlow said.

The flood "obviously caught these people off guard," Barlow told The Associated Press. "Witnesses say they were backing out of it trying to get away from it and it still swept them in."

One survivor was found downstream at a bank in town. Barlow didn't have information on the others who were rescued.

Barlow said the rescue effort was ongoing through the night but scaled back because of treacherous conditions in the sister towns of Hildale, Utah, and Colorado City, Ariz.

The floods came after heavy rains fell in the canyons just north of the towns, sending waves of water barreling through the streets. The towns sit at the foot of picturesque red rock cliffs about 315 miles south of Salt Lake City.

The women and children were in an SUV and a van on a gravel

road north of the towns, Barlow said. It appears they were coming back from a park in the area when the flash flood hit, he said.

The National Weather Service had issued a flash flood warning earlier in the day, leading nearby Zion National Park to close all slot canyons as a precaution. Barlow said he doesn't know if residents were aware of the warning.

He said the water was well above normal flood stage. "This was several feet deep, at least, and even more treacherous in the narrow channels."

Members of the sect, whose members believe polygamy brings exaltation in heaven, are believed to be discouraged from watching TV, using the Internet or having much contact with the outside world.

More than four years after Jeffs was sentenced to life in prison for sexually assaulting underage girls he considered brides, the community is split between loyalists who still believe Jeffs is a victim of religious persecution and defectors who are embracing government efforts to pull the town into modern society.

The community is a patchwork of upscale, elegant residences surrounded by large walls and unfinished, dilapidated houses that remain just as they were in the early 2000s, when Jeffs ordered that all construction stop in Utah to focus on building his compound in Texas.

The flooding also caused other, less serious problems. Barlow said several blocks of homes are without power and water due to the flooding.

THE ASSOCIATED PRESS



Lisa Harper is CEO of the American women's wear chain, which opened its first location outside the United States in Ontario earlier this month. COURTESY TORRID/THE CANADIAN PRESS

Torrid tapping plus-size gap

CLOTHING

U.S. retailer eyeing Alberta and B.C. after Toronto foray

While some shoppers may struggle to locate garments in a specific style or colour, Ashlie Callender faces an even greater obstacle: finding clothes that will fit her curvy frame.

"Regular stores, they go up to extra large sometimes, and that's really like a (size) 10 maybe. So if it's a stretchy material, I can get away with it," said the 24-year-old college student.

Callender joined dozens of shoppers who jammed Torrid's new location in Toronto Eaton Centre for the grand opening of its first store outside of the U.S.

Three more Torrid stores are set to open in the Toronto area this fall, joining homegrown plus-size retailers Addition Elle

and Penningtons, both under the banner of Montreal-based Reitmans Canada Ltd.

The plus-size brand is already familiar to Canadians, who account for more than half of Torrid's international business online, said CEO Lisa Harper.

The retailer has more than 280 stores across the U.S. and ships to more than 150 countries. Torrid is a full-service apparel and accessories shop offering separates, denim, handbags and footwear.

Harper said the company expects to open about 10 stores in Canada in 2016, and has been eyeing British Columbia, Calgary and Edmonton as potential expansion sites.



You do have to pay a premium for clothes that are plus-sized.

Sandy Silva

Torrid is seeking to help fill a sizable void in Canadian retail for full-figured consumers.

A 2013 report from the NPD Group found that plus sizes represent 32 per cent of the "special size" clothing category, which also includes tall, petite and junior. Two-thirds of plus-size women reported shopping for larger clothes was more stressful than shopping for traditional sizes, with limited merchandise cited among the main causes.

"Coming from the wholesale side of the fashion business, you do have to pay a premium for clothes that are either plus-sized or petite," said Sandy Silva, director of fashion and beauty at the NPD Group.

Most national retailers which offer extended sizing have a "fairly basic assortment," she noted. "They don't really have the wealth or array of fun, fashionable, sexy styles that plus-size women want as well as a regular-size woman."

THE CANADIAN PRESS

IN BRIEF

Hewlett-Packard's spinoff to cut up to 30,000 jobs

Hewlett-Packard says its upcoming spinoff of its technology divisions focused on software, consulting and data analysis will eliminate up to 30,000 jobs. The cuts announced Tuesday will be within the newly formed Hewlett Packard Enterprise, which is splitting from the

personal computer and printing operation. HP has been jettisoning tens of thousands of employees during the past few years to help boost declining profits as a technological shift from personal computers to smartphones and mobile devices reduced demand for many of its products.

THE ASSOCIATED PRESS

market minute

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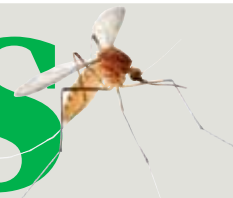
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Bloody bad news: In warmer weather, Arctic mosquitoes are emerging earlier, growing faster & surviving longer. A predicted 2C mercury rise may boost their numbers by 53%.

metro's election explainer

Who's the new man steering the Tory ship?

Strategist, political consultant, campaign adviser...

whatever you call it, the Conservative Party has a new one: Lynton Crosby. He's a household name in political households. But what will he bring? And why did the party hire him so late in the game?

The wizard from Australia

In his home country, Crosby led the centre-right Liberal Party to victory in 1998 and 2001. His messaging targeted voters wary about the number of asylum seekers arriving on the country's shores. He's known as a master of "dog-whistle" politics: Using code words to win support from people with disreputable, but

commonplace, views, such as anti-immigration sentiments tinged with racism. Later Crosby added wins for Conservative U.K. Prime Minister David Cameron and London, U.K. Mayor Boris Johnson to his CV.

The work ahead

Paid consultants are a relative rarity in Canadian politics, says University of Waterloo political science professor Anna Esselment. Party insiders tend to fill that role, she says, but outside expertise might be called if a campaign seems to

be flagging. "I expect (Crosby) is giving a high-level assessment regarding Conservative messages, their target audiences, and how to effectively change the channel to matters that the Conservatives want to talk about," Esselment says.



Fresh blood

Why find a new captain when a campaign's already out to sea? Conservative sources told The Canadian

Press that some in the party were frustrated with its slapdash response to the Syrian

refugee crisis. Esselment gave three possible reasons for the hire: It could be a warning to opposition that Tories are about to get aggressive, a move to gain credibility from a "legend," or a response to internal strife. (Some former top brass, such as Nigel Wright, have been tarnished by the trial of Senator Mike Duffy).

Turning the tide

Whether changing course mid-campaign will work remains to be seen, Esselment says. "The type of messages Harper delivers, and the negative advertising ... over the next couple of weeks will likely tell us whether Crosby's hand is helping to steer the ship."

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE



THE QUESTION

I'm in Toronto for the film festival. I'm hoping to meet some celebrities. Any advice for striking up a conversation?

starlets he was probably tired of meeting.

I also had platonic crushes on directors like David O. Russell and Jane Campion, and writers like Dave Eggers or Colm Toibin, where the fantasy was less about romance and more about how we'd mind-meld over scripts and collaborative projects that would lead to international prizes for all of us in between amazing, legendary parties.

But eventually my celebrity obsession was cured, thanks to intensive rehab that took a decade and consisted of interviewing celebrities of all ages and persuasions for various newspapers and magazines. Even though I met some truly nice (Stephen Colbert) and exquisitely polite (Conan O'Brien) celebs along the way, not want to meet any more: It's too disappointing. They never measure up to the brilliant characters one falls in love with onscreen. Nobody could. Those characters are a construct — of both their skillful making, and of one's own cockeyed projections.

In fact, I now go out of my way to avoid meeting even the celebrities I love, like Rachel McAdams and Mark Ruffalo.



In my fantasies, adorable Rach and I are best friends, while sexy, ruffled, intelligent, kind, manly Mark is my next husband. But in real life, recently, both of them were shooting a scene for the movie *Spotlight* in my building. And when the location manager invited me to meet them, I declined and stayed away until they cleared out. Partly because I didn't want to be disappointed by their all-too-real selves; partly because I knew the last thing they would want to do during a long day is make polite chitchat with a stranger harbouring delusional thoughts about them.

All of which leads me to say: Go for it if you must. Haunt the red carpets and clubs and restaurants, watch Twitter for

celebrity sightings, and feel free to approach any star you can get close to.

Yes, it's a bit forward to foist yourself on someone without being introduced. But remember that part of every celebrity's job at TIFF is to deal with you, the public. And I have no doubt that you, JJ, as a faithful reader of this column, will be polite and respectful in all your encounters.

If and when you meet a star, you may or may not be disappointed. Who knows — you may get stuck in an elevator with him/her/them and end up getting married ... or whatever. In which case, please write back and let us know!

Need advice? Email Ellen
scene@metronews.ca

metroview

Millennials aren't turned off by politics. It's the voting system.



Dan Darrah
For Metro

Youth aren't politically apathetic, says a new study, they're just not voting. For many young Canadian activists, this finding is a breath of fresh air.

A Samara Research report, released last week, looked at 18 political activities other than voting — e.g., volunteering for candidates or causes, giving political speeches, protesting, and discussing politics on social media — and found that Canadians younger than 30 participate in them at a higher rate than those older than 30.

This isn't the usual narrative surrounding millennials. It's a welcome acknowledgement of the work of student groups and other youth movements.

Using the voting rate as a measure of youth engagement is like using season-ticket sales as a measure of interest in the NFL. There's a lot more to take into account.

Even among millennials who do vote, voting is often seen as one part of the overall activism package. Our votes serve to elect the government that will most optimally act as an avenue through which we can create change.

Still, the fact remains that we aren't voting as much as other age groups. One reason I've come up with is that we've simply lost faith in our first-past-the-post electoral system.

Let's imagine a prospective voter — call him Ben — who works at Whole Foods and cares deeply about the en-

vironment. Ben wants to vote for the Green party because he wants the Green candidate in his urban riding to be elected. But, because he's informed and engaged, he knows the Green candidate won't be elected. And the alternative — to vote "strategically" against his worst-case scenario — isn't likely to get him excited.

We might say to Ben what many say to millennials who have no reason to believe that their preferred candidates will be elected: "That's life, kid." But I'd argue we'd be better served by looking closely at how voting works.

Fair Vote, an organization advocating electoral reform, recorded that of the more than 14 million votes cast in the 2011 election, seven million served to elect no one (like Ben's hypothetical vote for the Greens). That means about 50 per cent of Canadian voters elected 100 per cent of the MPs.

In contrast, Fair Vote found that in New Zealand, which uses a proportional-representation system, 97 per cent of voters elected MPs.

In this context, Samara's research speaks for itself: It's not politics that turns us off — it's our winner-take-all electoral process. And saying youth are apathetic tiptoes around the fact that systemic change is needed. We don't need to be the scapegoats for institutional issues older generations have ignored. We need proof that our votes will be meaningfully represented. When that happens, the youth vote, will be a lethal electoral force.

Dear Ellen,

I'm from Calgary but I'm in Toronto for the Toronto International Film Festival, and I'm hoping to meet some celebrities while I'm here. Do you have any advice about how to meet celebrities, and how to politely strike up a conversation if I do meet a celebrity?

JJ

I well understand the urge to meet celebrities — I used to have it myself. Fifteen years ago, I would have sold my soul for just one hour of being stuck in an elevator with Owen Wilson, figuring that was all I'd need to start up a polite, witty, enchanting conversation that would soon make him realize I was the perfect woman for him — a real woman, wholesome and nice, and Canadian, but also creative and interesting, and a refreshing change from the boring, glamorous Hollywood

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PHILOSOPHER CAT
by Jason Logan



"Margaret Atwood poured a bottle of beer over Al Purdy's head the very first time they met because he called her an academic. I mean, never a truer word was said. And then he went out and peed on her car tire."

— Brian D. Johnson, journalist and filmmaker, *Al Purdy Was Here*



More than just bagels



Montreal's abundance of dining options makes trying them all on a short trip a daunting task. Here are a few one-stop spots where you can taste an array of culinary delights **KATE HOBSON/FOR METRO**

ALL PHOTOS: KATE HOBSON

First Fridays Food Truck Event 1

Every first Friday, May through October, up to 48 food trucks assemble at Olympic Park. Many of the trucks are offshoots of prominent restaurants, serving up specialties catered for take-out.

Stop at Lucky's Truck for La fameuse duck confit poutine, drenched in a rich confit sauce of red wine and foie gras; Grumman '78 for their banh-mi taco, barbecue pork topped with daikon carrot salad and a slightly sweet sauce.

Finish your day at Crémé Pâtisserie with a lemon honey crueller — the tartness of the lemon balances the sweet sugary glaze of this doughnut. **(4545 Avenue Pierre-de-Coubertin)**



Mile End Food Tour 2

Local Montreal Tours offers a tasting trek around Mile End, a neighbourhood known for its culinary diversity. The tour starts at La Panthère Verte for a falafel filled with lightly pickled vegetables, sprouts, spices and tahini sauce in a house-made pita.

At Chocolats Geneviève Grandbois, all of the goodies are handmade with a serious commitment to the quality of the ingredients. The caramel chocolate is flavoured with a little vanilla and a sprinkle of fleur de sel.

The taste adventure includes bagels, fine tomato sauce, cured meats and artisanal ice cream.

The Mile High tour is a truly unique food adventure packed with lots of history and background information on each establishment.



Atwater Market 3

No trip to Montreal would be complete without exploring one of the city's farmers' markets. Open since 1933, Atwater Market in the Little Burgundy area is one of the oldest. Open year round, Atwater is home to a variety of vendors offering fresh local produce, meat, cheese, baked goods and specialty products.

Grab a selection of cheeses from Fromagerie Atwater, stop by Terrines & Pâtés for some game terrine like caribou blueberry or guinea fowl hazelnut.

Pick up some fresh bread and preserves and you'll be all set to enjoy a picnic along the nearby Lachine Canal. **(138 Avenue Atwater)**



TREND

Grandma's cooking now for hire in Paris



Parisians can now have a grandma or grandpa come to their home to cook them comfort food from their youth. YOUTUBE/AFP

Parisians homesick for their grandmother's inimitable rata-touille and Sunday roast chicken can now rent out a substitute stand-in through a recently launched personal chef service that will send a 'mamie' to their kitchen to whip up an old-fashioned home-cooked meal.

After moving to Paris from the south of France, founder Alizé Delbes says she found herself homesick for her grandmother's cooking.

And despite its reputation as the gastronomic capital of the world, Delbes said she was unable to find a restaurant that could evoke the memories and nostalgia of her mamie's veal blanquette and chocolate

mousse. That led to Lou Papé, a site created to bring authentic, French dishes into the homes of local Parisians in search of comfort foods from their childhood.

The concept is simple: The host can choose from a selection of chefs and their proposed menu. After sorting out the details — date of dinner party, venue and number of guests — the chef will prep, cook and serve the meal in the host's home.

Cleanup is also included.

If language isn't a big issue, Paris-bound travellers in search of a truly authentic French meal may want to consider booking a 'Beatrice' or 'Jean-Jacques' if staying in a short-term vacation rental with a kitchen. AFP

When in France, nosh like the locals

TRAVEL

Follow these tips for the tastiest trip

Theresa Albert
For Metro Canada



I spent my birthday in Paris!

For 15 years I have been promising my daughter I would take her to Paris. I spent the last five years saving for it, and three years planning. The city hasn't changed much since my first visit as a teen except that maybe there is more English spoken in the streets — and I have learned more about food.

In particular, I now know where and how to eat. Here are a few tips:

Take a bicycle tour from Bike About Tours (bikeabouttours.com) at the start of your trip. They will take you off the beaten path and at the end of the tour



Theresa's raspberry bombe birthday cake from L'Atelier Etoile de Joel Robuchon. THERESA ALBERT/METRO

they will email you a list created by the guides (who all live in Paris) of favourite places to eat and drink. Unfortunately they make us swear to not share this list, so you'll have to go yourself to find the best places.

Try to avoid bistros that are on the corner or that say they serve "tout à l'heure" These tend to cater to tourists. The locals still eat between noon and 2 p.m. and 7 and 10 p.m.

Upon arrival order "une carafe d'eau pour la table." Not only will it save you up to 10 bucks for bottled water, it will signal to the server you are not a total tourist.

When you get your bread, it is to be eaten with your hands and placed on the tablecloth. Typically, there is no butter served but they will bring some if you ask.

If you are looking for the prix fixe Michelin star experience without the crazy expense, consider going for lunch. The menu is often similar but the price is half that of dinner. My actual birthday lunch was at L'Atelier Etoile de Joel Robuchon on Champs Élysées.

For 44 euros, I enjoyed four courses — a soup with a smoky clear broth consommé with oyster mushrooms and a plump shrimp and a small quenelle of



Theresa and her daughter enjoying the sights of Paris. THERESA ALBERT/METRO

caviar floating.

And for the main course, sweetbreads in a demi-glace, Chanterelle mushrooms and a side of mashed potatoes. I had cheese for dessert, but then was surprised by a raspberry bombe.

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DRINKS

The controversial case of Campari

Peter Rockwell
For Metro Canada



Some liqueurs can be as polarizing as an Instagram post by Kim Kardashian.

Weird and wonderful flavour profiles are par for the course in the liqueur world, with many evolving from centuries-old recipes based on fruits, botanicals and exotic seasonings.

Italy's Campari (\$23.99-\$27.98) is a perfect example of a beverage that really needs more than one sip before you make up your mind if you like it or not.

Falling into the "bit-

ters" family, Campari was invented in Milan back in 1860 from a secret blend of 60 herbs, spices and neutral spirit.

While its dark red colour looks tasty enough, Campari is a bitter punch to the palate if taken without mix, which is why it's an integral part of classic cocktails like the Negroni and Americano.

I enjoy it most with a simple splash of soda water which tempers the bitterness and, creates an appetite-enhancing mixer that's my go-to pre-dinner drink whether I'm eating Italian or not.

Prices reflect the range across the country. Some products may not be available in all provinces.



FOOD BRIEFS

Organic week celebrated Sept. 19 to 27

National Organic Week is a chance for Canadians to learn more about how organic agriculture affects the en-

vironment. The event, billed as the largest celebration of organic food, farming and products across the country. See Organicweek.ca for more. THE CANADIAN PRESS

ANNA JONES

'New Nigella' releases new cookbook

She's worked for Jamie Oliver, been compared to Yotam Ottolenghi and been dubbed "the new Nigella" by the Sunday Times. Anna Jones is quickly becoming the modern vegetarian's go-to cookbook author.

Now she has released *A Modern Way to Cook: Over 150 Quick, Smart and Flavour-Packed Recipes For Every Day*.

"The more I cook simply — easy pastas, quick hearty salads and all-in-one gratins — the more I realize that food doesn't need to be posh, complicated or made from far-flung ingredients to do us good," she says.

Here's one of 150 recipes in this vegetable-focused book.

Chocolate + Earl Grey Pots (Makes 4 to 6)

- 100 mL boiling water
- 1 Earl Grey tea bag
- 300-g (10-oz) package silken tofu, drained
- 1 tsp pure vanilla extract



You can cheat and use soft tofu and the Chocolate + Earl Grey Pots will still be great. HANDOUT

- 100 g dark chocolate, chopped + more for grating
- 5 Tbsp pure maple syrup
- Maldon or other flaky sea salt

In small measuring cup, pour boiling water over tea bag. Let steep as long as you can, at least 10 minutes, before discarding tea bag.

Wrap tofu in clean tea towel.

Wring out as much moisture as you can. Place in food processor. Add steeped tea and vanilla. Process on high until smooth.

In medium stainless steel bowl set over pot with several inches gentling simmering water, combine 3.5 oz (100 g) chopped chocolate and maple syrup. Whisk until melted and smooth. Add to tofu mixture.

Process on high until smooth.

Spoon pudding mixture into 4 to 6 small ramekins, pots, mugs or bowls. Refrigerate at least 1 hour to firm up a little.

To serve, garnish with coarsely grated chocolate (grated using cheese slicer, vegetable peeler or other grater) and flaky salt.

TORSTAR NEWS SERVICE



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Fiat's throwback is a thrill



THE CHECKLIST 2015 FIAT 500C ABARTH

THE BASICS

Type. Two-door, four-passenger subcompact convertible
Engine (hp/torque). 1.4-litre turbocharged four-cylinder (160/170 with manual; 160/183 with automatic)
Transmissions. 5-speed manual/6-speed automatic
Price. \$29,495 (base); \$33,550 (as-tested), plus destination

COOL FEATURES

- Alpine premium audio
- High-back sport seats with optional leather
- Aluminum pedals
- Flat-bottom steering wheel with perforated leather and contrasting stitching
- Rear parking assist
- Available side stripe and contrasting mirror caps
- Dual exhaust with chrome tips



JIL MCINTOSH/FOR METRO

POINTS

- The Abarth uses the same engine as the 500 Turbo, but is tuned for more power, along with its Abarth-specific suspension and brakes.
- Hitting the "Sport" button adjusts the automatic's shift points and adds rev-matching, and also changes the digital speedometer's number to italics.
- The sport exhaust adds a unique sound that's fabulous on acceleration, but it can drone at consistent speeds.
- Premium fuel gives better performance, but the engine will run on regular.

MARKET POSITION

While enthusiasts prefer stick shifts, most buyers choose automatics. By offering both, Fiat could potentially open up this relatively low-volume model to a larger audience, especially since overall performance doesn't suffer.

THE COMPETITION



Mini Cooper S
Base price: \$25,490



Volkswagen Golf GTI
Base price: \$27,995



Ford Fiesta ST
Base price: \$24,949

REVIEW

500 Abarth offers 6-speed automatic for the first time

Jil McIntosh
For Metro Canada



Retro-styled cars are fun, and it's even better when they have the performance to match. That's the case when you opt for the Abarth version of Fiat's 500, especially when it's the 500C Cabrio that I tested, which gives you a sliding canvas roof for an almost-a-convertible experience.

While the Abarth previously only came with a five-speed manual transmission, the 2015 version is also available for the first time with a six-speed automatic. Die-hard stick-shift fans may resent its inclusion, but it's a really nice unit that doesn't take anything away from the car's fun factor. Power

changes slightly depending on the transmission: you get a bit more horsepower with the manual unit, but more torque — the twisting force that gets you moving off the line — with the automatic. Hit the throttle, and the 500

Abarth is quick and peppy in its response.

The steering is sports-car heavy, but the car responds quickly and accurately. My car had optional gloss-white wheels with Pirelli P-Zero summer tires, and they stick like glue when cornering. Despite its diminutive size, the car feels firmly planted on the highway, although a tighter turning circle would make it a bit easier to manoeuvre in close quarters.

The retro styling continues inside with a metal-look painted dash and chrome accents. It's very roomy up front, but while there is a rear seat, there's almost no legroom back there, and it's best for small children or adults willing to fold themselves up for a short ride.

The sliding roof moves electrically to three positions, starting with a sunroof-sized opening and finally folded down at

the very back. A portion of the steel roof remains in place, since the canvas is a panel that slides inside it, and the car feels tight and rigid, with no squeaks. It

also didn't leak when I took it through a car wash.

The 500C Abarth is pricey for its size, but compared to the base Fiat, you're paying for a sportier suspension, bigger brakes, and sharp handling. It looks like it's fun, and it is.



Hit the throttle, and the 500 Abarth is quick and peppy in its response.



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5

MAJOR THEMES AT THE FRANKFURT AUTO SHOW

New small cars for the mass market from Opel and Renault and powerful, expensive SUVs from Jaguar and Bentley for the upper crust are among the top offerings on display this week at the Frankfurt International Motor Show. A rise in demand for cars in the U.S. and Europe is lifting automakers' spirits as they prepare to open the show to the general public on Saturday. The 66th edition runs through Sept. 27. **THE ASSOCIATED PRESS**



Apple's CarPlay. APPLE INC.

1 New technology

Carmakers are preparing to fend off tech companies like Google and Apple from dominating the market for services to Internet-connected cars. Those new businesses could include real-time navigation that automatically plots routes around slippery conditions, or it could be a parking place finder that quickly guides the driver to that last elusive spot on a Saturday night. The question is who will build the systems and reap the profits — and how? Analysts say carmakers may have to band together to come up with common platforms and shared systems that can quickly draw in masses of data and dominate the business. A sign of things to come could be the recent deal in which Daimler, Volkswagen's Audi and BMW teamed up to buy Nokia's HERE digital mapping service.



Traffic in Beijing. ISTOCK

2 China troubles

Falling demand for new cars in China is a concern for global automakers, but none more than the host Germans. Daimler AG's Mercedes-Benz, Volkswagen AG's Audi, and BMW AG have all fattened sales and profits there through exports and cars built with local partners in joint ventures. Executives have already warned of what they call a "normalization" of the China car market after years of very rapid growth.



The new Bentley Bentayga. JENS MEYER/THE ASSOCIATED PRESS

3 Riding high

Luxury SUVs are a thing this year. High-priced brands are looking to expand their model range and find ways to tap the lucrative end of the market. Bentley, the luxury brand owned by Volkswagen, has its Bentayga, which combines stylish touches such as the classic large Bentley front grille and a choice of 15 interior leather colours with off-road features such as a front skid plate and aluminum roof rails. The company is touting not just luxury but power and speed; the vehicle has 608 horsepower and a top speed of 301 km/h. Jaguar has the F-Pace, which uses chassis underpinnings from its sports cars that are aimed at providing sharper handling for the company's first entry into the SUV race.



GM's Opel Astra. OPEL/GM VIA THE ASSOCIATED PRESS

4 The rest of us

Mass-market carmakers face brutal competition in the market for more basic transportation. Renault is showing off the fourth generation of its Megane with a slightly wider stance and shorter overhangs to give it a sportier look, and offers a GT performance version immediately at sales launch. GM's redesigned Opel Astra should be sprightlier after losing up to 200 kilograms in weight compared to its predecessor. Its entertainment system supports both the Android Auto and Apple CarPlay standards, enabling drivers to use their smartphone messaging and navigation functions through the car's dashboard display.

5 The home team

The German carmakers will do a little chest-thumping at their home show with huge pavilions and thunderously loud audio-visual displays at Frankfurt's Messe exhibition centre. BMW is building a 400-metre test track inside its pavilion so its vehicles can whiz past showgoers. Audi is putting up a separate three-storey building with space for 33 vehicles and 200 kilometres of cables.



Daimler CEO Dieter Zetsche. MICHAEL PROBST/THE ASSOCIATED PRESS

AUTOPILOT

In the loop — the loop: Dispatches from the showroom floor

Mike Goetz
For Metro Canada



Off-roading Bentley

Bentley just introduced its first SUV this week at the Frankfurt auto show, and not a moment too soon.

Like a lot of people, I have been lamenting for years on why someone didn't offer a vehicle costing more than \$200,000 that could get up a dirt hill. Why were we stuck with just affordable options, like 4x4 pickups, Jeeps and other mainstream SUVs, for our dirt-hilling activities?

It just wasn't fair. Why did it always have to be so affordable to have a little bit of off-road fun?

What if you needed to make a Kardashian impression on the way up that dirt hill, or at the top? The auto industry put a group of very privileged people in a very tough spot with their behaviour over the years. Think of how challenged were those buyers, trying to option their Range Rovers or Mercedes-Benz G Wagons into a price level more akin to their perceived net worth.

So thank you Bentley, for recognizing the injustice here, and coming to the rescue of this long-suffering group of buyers, by unveiling this ultra high-end sport utility, which for some reason you're calling Bentayga (rolls off the tongue, like bad caviar).

For those interested, some pertinent info ... 600-hp, 12-cyl-

inder engine. All-wheel drive. Very sumptuous five-seat cabin. Volkswagen owns Bentley; the Bentayga is built off of the group's MLV Evo platform currently utilized for Audi Q7 and Porsche Cayenne. Bentayga's main rival should be the forthcoming SUV from Rolls-Royce.

Loopy Jaguar

Jaguar also introduced its first SUV at Frankfurt, and did so in super dramatic fashion. British stunt driver Terry Grant drove a Jaguar F-Pace in a 19.08-metre loop, similar to a Hot Wheels loop, only much bigger. The stunt set a Guinness World Record for largest ever "loop the loop."

Jaguar F-Pace will be consider-



The Jaguar F-Pace set a 360-degree loop record.

JAGUAR VIA THE ASSOCIATED PRESS

ably more affordable than the Bentley Bentayga. No Canadian prices yet, but \$43,385 US will be its base price south of the border. F-Pace is rendered from the same all-aluminum architecture as the new Jaguar XE midsize sedan, which should get here before the F-Pace.

Magic carpet Honda

Any auto show these days is sure to be filled with more self-driving technologies and Frankfurt will not be an exception, so you know Honda was saying something by creating the Project 2&4 concept and showing it off in Germany at this juncture in the automotive history timeline.

Project 2&4 is a weird and wonderful antidote to the self-

driving movement.

It's actually half car/half motorcycle, designed to combine the most engaging driving elements of both forms. It has no "cabin" at all, just a driver's cockpit suspended over the road, to grab as much driving intensity as possible. The mid-ship mounted 215-hp V4 motorcycle engine assures a low, low centre of gravity and an outrageous power-to-weight ratio.

Project 2&4 is actually the winning entry of Honda's annual in-house Global Design Project contest, which is designed to inspire creativity, and get team members engaged and passionate about a single project, to further the concept of Team Honda. Well done, Team Honda.

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Starting From Price for 2015 Chrysler 200 C shown: \$29,790[‡]



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A route much travelled



EIGHT U.S. STATES

Trip on historic highway is all about journey, not destination

André Proulx
For Metro Canada

Route 66 doesn't really exist anymore. The highway that originally connected Chicago to Los Angeles has long since been replaced by the Interstate highways. But there are grassroots groups that exist in every state that old Route 66 ran through to help keep the spirit of the old highway alive.

It wasn't difficult for me to find that spirit. While it's obvious that the start and the end of the highway are major tourist draws, for those of you hearing the call of the open road the in-betweens are well worth the visit.

Doing Route 66 is definitely not for those who don't enjoy sitting down for long periods of time. Covering the highway will take you through eight states (Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and California) and during long days on the road you will actually be able to see the trees become ranch land, which then become desert.

A trip on this highway is one about the journey and not the destination. Here are a few suggestions on where to stop along the way.

Cuba, Missouri

When you exit the interstate you will be travelling on one of the original stretches of Route



The Cadillac Ranch is covered with years of graffiti from years of Route 66 travellers who have an artistic inclination.

66 to drive through Cuba, Mo. You should spend a night at the Wagon Wheel Motel. The Wagon Wheel was a motel that was around during the height of the highway's popularity. It has been open since 1938.

Current owner Connie Echols purchased the property in 2009 and has restored the property to a very comfortable motel. When I spoke with her she told me how she remembered in her youth in the town the visitors that would pass through, and was hoping to restore a piece of the town's past. The rooms are comfortable and clean and affordable starting at \$58 US to \$116 US for a suite.

Cuba is the perfect place to stop for a layover because next door to the Wagon Wheel you have Missouri Hicks. Meats are smoked to perfection, served dry with your choice of sauces available on the table. Apparently ribs are the most popular thing on the menu but to me nothing holds a candle to the brisket.

Amarillo, Texas

There's a lot of ground between Missouri and Texas. Make sure you keep your eyes open for the 21-kilometre stretch in Kansas.

Amarillo is a noteworthy stop because of the Big Texan. Old Route 66 has been replaced with I-40, which makes the 75 miles/hour speed limit in Texas all the more enjoyable. The Big Texan opened in 1960 and in 1962 it became home of the 72-oz steak challenge. If you eat a 72-oz steak (that's 4 1/2 lbs of meat!), a shrimp cocktail, a baked potato, salad and dinner roll in one hour your meal is free. I watched six poor souls attempt it and none succeed.

On the surface the Big Texan looks like a tourist trap but once inside it has a welcoming kitschy atmosphere that is infectious. It doesn't hurt that the food and in-house-made beer is great. If you're from Toronto this place will feel like the Texan cousin to Honest Ed's. The Big Texan also runs a motel where a room with two double beds cost \$100 US.

While you are driving out of Amarillo there is an interesting art installation called the Cadillac Ranch, which is a series of old Caddies buried in a field with only the back halves sticking out. If it's rained, expect to get your shoes dirty, but it's still interesting to see and worth the quick



A view of the Grand Canyon at sunset.

ALL PHOTOS ANDRÉ PROULX

detour on your way out of town.

Albuquerque, New Mexico
For a Canadian used to trees and plains, when the ranch land of Texas starts to melt away into badlands and desert this is where things get interesting. You will start to notice a much more Mexican flavour to your stops when you get to New Mexico.

I stopped in Albuquerque for lunch at Taqueria Mexico. It's been weeks since I stopped here and I'm still remembering the taste of that burrito in my dreams. While I was visiting the restaurant, it was always busy with limited seating inside and a takeout window if you're just flying through the town.

The Big Texan in Amarillo is home of the 72-oz steak challenge.



Williams, Arizona

Williams is at the Junction of Route 66 and Arizona Highway 64. Highway 64 is important because it will take you to the Grand Canyon.

We've all seen photos of the Grand Canyon, but let me assure you, they don't do it justice. I got to watch the sun creep over the western lip of the canyon. The view can only be described as breathtaking.

The downtown strip in Williams really feels like a trip back in time as it's lit with neon signs hanging above diners with vinyl seats and stools bolted to the ground just like you'd imagine finding in the 1960s.

I stayed at the Canyon Motel and RV park where you can stay in a rail car that they have converted into rooms. The regular motel rooms were built in the 1940s.

On your last stretch of highway between Arizona and California you'll want to make sure your air conditioning is in perfect working order because you will need to drive through Mojave desert. I made the drive in early August and the temperature outside reached 42 C. The view can't be described as much as it needs to be experienced. The desert is barren but with mesas in the distance and cacti and strange (for a Canadian) shrubs.

Before the desert hits your rearview mirror you will be on your way to Los Angeles. But let's face it — you're still thinking about that 4-1/2-lb steak that you should have tried eating in Amarillo.



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Thrifty, with room to spare

Some shoppers want the most horsepower, the flashiest looks, or the most luxurious ride they can find for their used-car dollar. Others, like pet owners, outdoor sports enthusiasts, lawn and garden aficionados and the like, are often after a used car that gets them the most space for their money. If a big heap of space from a small heap of your cash is in order for your next used ride, be sure to check out our picks, below. **JUSTIN PRITCHARD** FOR METRO

Stand out from the pack

Model: Scion xB

Why: This one's big, affordable, and you won't see seven of them every time you go to Walmart. The spacious and flexible xB offers a full accessory range for customization, and is built by Toyota — adding appeal for reliability-minded shoppers.

The test drive: Be sure to check the xB's windshield thoroughly for signs of cracks or chips, and note that these may prevent the model in question from passing a used car safety inspection. Look for a "Check Engine" warning light, which may be present for a number of reasons. If you see the light, be sure to have a mechanic scan the computer system to see why. All models should be inspected for signs of coolant leaks by a Toyota mechanic, as these typically precede water pump failure.



Fuel efficiency for the win

Model: VW Jetta TDI Wagon

Why: Because it's got room to burn, gets fuel mileage that'll make you giggle, and offers an upscale driving experience. Newer used TDI-powered units are front-wheel drive and backed by nearly 240 lb.-ft of torque, which is heaps.

The test drive: Hesitation under acceleration or poor overall performance could be the result of a failed or failing engine control sensor, or a turbocharger that's on its way out. If you notice any of these symptoms, be sure to have them investigated. Ensure all motorized features work as expected — including all windows, the sunroof, power seats and power locks. A dealer should inspect the used Jetta TDI's fuel lines for possible signs of leaking, and complete a quick pre-purchase inspection for maximum peace of mind.

Go retro with this wagon

Model: Chevrolet HHR

Why: You can find one of these for cheap, and almost unfair resale values on this Cobalt-based retro-wagon combine with solid reliability and a proven drivetrain to give shoppers a compelling combination of space, reliability and affordability.

The test drive: Ensure all recall work to address a power steering system defect has been carried out, asking your local GM dealer to look into it for you if you're unsure. Recall work is free, and designed to address a safety defect. Check the automatic gear shifter for proper operation, ensuring it slips smoothly between the gears with no hesitation or difficulty. A faulty shifter button, cable and/or brake interlock switch could be to blame if that's not the case. Clunking or popping noises, especially from the front end, could be evidence of a worn-out suspension part and require further inspection from a mechanic.



zoom-zoom



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MAZDA3 sedan
GT model shown

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MAZDA3 Sport
GT model shown

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007 RIDE WATCH THE ASTON MARTIN DB10 PERFORM

Aston Martin has released a video of the bespoke, one-off supercar created for the latest James Bond film being put through its paces by stunt driver Mark Higgins.

The latest Aston, the seventh car from the company to appear on screen alongside the world's most famous fictional British spy since the film series began, is the first James Bond Aston Martin that's truly bespoke — even before Q's upgrades.


Although 10 examples have been made to cope with the rigours of filming Spectre, the company, as yet, has no intention of selling any of them to the general public. All of which means the video is the closest any of us are going to get to knowing what it's like to drive it.

Spectre, the 24th official James Bond film, will hit cinemas in the U.K. on Oct. 26 and receive its global release in November.

Watch the video at youtu.be/oSJ8ryVIM8A.

AFP; PHOTO: ASTON MARTIN LAGONDA





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*Finance payments must be made on a bi-weekly basis and cannot be made weekly. Weekly equivalent payments shown for information only. Limited time finance offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2015 Jetta 2.0L Trendline (#163VJ1) base model with 5-speed manual transmission. Base MSRP of \$16,595, including \$1,605 freight and PDI, financed at 0% APR for 84 months equals 182 bi-weekly payments starting from \$68. \$4,219 down payment due at signing. Cost of borrowing is \$0 for a total obligation of \$16,595. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to \$6,000/\$3,500 discount on MSRP available on cash purchase only of new and unregistered 2015 CC / other select Jetta models. Discount varies by model. †2015 Volkswagen Jetta 4 DR FWD received a 5-star overall rating. Government star ratings are part of the U.S. National Highway Traffic Safety Administration (NHTSA) New Car Assessment Program (safercar.gov). Crash performance was based on a U.S.-equipped vehicle. Some features on that model may be optional or not available in Canada. ‡The 2015 Jetta was awarded a Top Safety Pick from the IIHS (Insurance Institute for Highway Safety). To qualify for a Top Safety Pick, a vehicle must earn good ratings in the moderate overlap front, side, roof strength and head restraint tests, as well as a good or acceptable rating in the small overlap front test. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end September 30, 2015 and are subject to change or cancellation without notice. Model shown: 2015 Jetta 1.8T Highline, \$25,990. Vehicle shown for illustration purposes only and may include optional equipment. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Volkswagen", "Jetta", "CC", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2015 Volkswagen Canada.

U.S. MARKET

Major carmakers pledge auto-braking

Major global carmakers pledged Friday to install auto-braking technology as a standard feature for vehicles sold in the U.S. market, government and safety officials announced.

The technology, which is already an option on some cars, uses on-vehicle sensors to detect a possible collision and applies brakes if the driver fails to respond to warning sounds.

Because human error and driver distraction are key factors in many road accidents, the auto emergency braking (AEB) technology is expected to substantially reduce rear-end collisions and other accidents.

"We are entering a new era of vehicle safety, focused on preventing crashes from ever occurring, rather than just protecting occupants when crashes happen," said U.S. Transportation Secretary Anthony Foxx, making the announcement at

an event hosted by the Insurance Institute for Highway Safety.

"But if technologies such as automatic emergency braking are only available as options or on the most expensive models, too few Americans will see the benefits of this new era."

Ten automakers, whose cars account for more than half the U.S. market, agreed to make the auto-braking technology a standard feature: Audi, BMW, Ford, General Motors, Mazda, Mercedes-Benz, Tesla, Toyota, Volkswagen and Volvo.

"The evidence is mounting that AEB is making a difference," said insurance institute president Adrian Lund.

"Most crashes involve driver error. This technology can compensate for the mistakes every driver makes because the systems are always on alert, monitoring the road ahead and never getting tired or distracted."

Lund said several studies including one from the institute shows the auto-braking technology can reduce insurance injury claims by as much as 35 per cent.

The announcement did not include a specific timetable for deployment of the new systems. Transportation officials said they would be urging the other carmakers to join the pledge to make the technology standard as soon as possible. AFP



AEB technology is expected to reduce rear-end collisions and other accidents. ISTOCK

TOYOTA RETAINS LEAD

Record production, sales in world car market

The global production of vehicles increased by 2.7 per cent to 89.9 million units in 2014, a new record, according to data from the International Organization of Motor Vehicle Manufacturers.

Over this period, Toyota remained the manufacturer that produced the most cars.

As well, more new cars were sold in 2014 than in any other year (a little over

65 million).

Here is the Top 10 biggest international car manufacturers (in millions of cars produced in 2014):

1. Toyota: 10.4750
2. Volkswagen: 10.093
3. GM: 9.609
4. Hyundai: 8.009
5. Ford: 5.970
6. Nissan: 5.098
7. Fiat: 4.866
8. Honda: 4.514
9. Suzuki: 3.017
10. PSA: 2.917
11. Renault: 2.762 AFP



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A blue Ford Focus car is shown from a front-three-quarter view. The car is parked on a light-colored surface, and its headlights are on. The background is a blurred industrial setting with large pipes and machinery. The word "RD" is partially visible in the top left corner.

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Blind lineman's first practice at USC a snap

FOOTBALL

Centre lost his sight at 12; on scholarship at university

Jake Olson completely lost his vision six years ago. He still has his sights set on playing football at Southern California.

The blind long-snapper is one step closer to the Coliseum after practising with the Trojans on Tuesday.

Olson impressed his teammates during his first official practice at USC, where the freshman is on a special scholarship for physically challenged athletes. Eligibility issues had kept him out of uniform this fall until he joined the sixth-ranked Trojans for a rainy morning workout.

"I'm proud of the work that he put in," USC coach Steve Sarkisian said. "It's a real credit to a lot of people to get this done."

Wearing a No. 17 yellow non-contact jersey, Olson spent the morning working with the Trojans' special-teamers, includ-

ing starting long-snapper Zach Smith. Although Olson wasn't made available to the media, he expressed his excitement to USC's official website.

"It was a surreal feeling," Olson told the website. "I'm excited to help this team in any way I can and be a great teammate. I love this team and I always have, and now it feels great to be a part of it."

Olson was the long-snapper on field goal attempts for his high school team in Orange, Calif. He gets help from teammates to line up properly, putting his hand on the shoulder of

the player next to him as they walk to the line, but takes care of the rest himself.

"He just said it was awesome to wear the Trojan helmet," said Reid Budrovich, a USC punter who played against Olson in high school. "They were great snaps today. He is definitely not out of shape right now. He is right in his prime.... I think it's really inspirational for the team, just seeing him out here. It's lifting spirits and bringing us together."

Olson is a lifelong Trojans fan who has been around the program since Pete Carroll was

66

He doesn't really want to be treated any differently, and that's what I appreciate about Jake.

USC coach Steve Sarkisian



Jake Olson, right, lost his left eye to a form of retinal cancer at 10 months old. His right eye was removed when he was 12. JOHN MCGILLEN/USCTROJANS.COM/THE ASSOCIATED PRESS

the coach in 2009, the same year Olson completely lost his sight.

He lost his left eye to a rare form of retinal cancer at 10 months old. His right eye was removed when he was 12 years old after numerous attempts to save it. He asked to watch the Trojans' practice on the night before his surgery.

"He doesn't use an excuse," quarterback Cody Kessler said.

"He doesn't say anything. He doesn't use it as a crutch or anything. We don't see that at all. We don't think anything different about him. He's the same as all of us. He puts his pads on the same way. He works out the same way. He comes out here and practises just as hard as anyone else. It's just an awe-some feeling."

Sarkisian has repeatedly said

he expects Olson to snap in a game for the Trojans one day, although it isn't imminent. The freshman is simply grateful to keep learning and supporting his teammates until he gets a shot.

Olson made a post on his Twitter account later Tuesday: "First practice was so much fun! Love this team! Thanks to everyone!"

THE ASSOCIATED PRESS

IN BRIEF

NFL's opening weekend yields four missed PATs

If the NFL's opening weekend was any indication of what is to come, post-touchdown conversions could be must-watch moments rather than the bathroom breaks they've long been for viewers on the couch or customers at the stadium.

In light of the league's decision to push the line of scrimmage back from the 2-yard line to the 15, four extra points failed over the weekend in 75 attempts. That's already half the amount of extra points that were missed in 2014, when NFL kickers went 1,222-for-1,230 (99.3 per cent). THE ASSOCIATED PRESS

Gagne's playing days over

Simon Gagne announced his retirement Tuesday after playing 14 NHL seasons, winning the Stanley Cup with the Los Angeles Kings and capturing a gold medal with Canada at the 2002 Olympics.

Gagne, whose time in the league was plagued by injuries, still put up 291 goals and 310 assists in 822 career regular-season games for the Philadelphia Flyers, Kings, Tampa Bay Lightning and Boston Bruins.

The left-winger was a major contributor to the Flyers' run to the 2010 Cup final, scoring two game-winning goals as Philadelphia erased a 3-0 series deficit to beat the Bruins. THE CANADIAN PRESS

Adidas replaces Reebok as NHL's jersey supplier

Adidas will take over production of NHL uniforms beginning in the 2017-'18 season, and it's unclear just how many changes will come as a result.

The NHL announced a seven-year deal with Adidas to be its on-ice uniform supplier and also to serve as outfitter for next year's World Cup of Hockey. Commissioner Gary Bettman shot down speculation about the announcement opening the door for advertisements on jerseys and said he didn't think they would go through a major redesign.

THE CANADIAN PRESS



Pedro Florimon of the Pirates dives safely into home plate to score the winning run against the Cubs on Tuesday afternoon in Pittsburgh. JARED WICKERHAM/GETTY IMAGES

MLB

Big game, Cubs don't faze Bucs

Clint Hurdle insists the Pittsburgh Pirates don't hype up for big games. The manager has preached a steady approach from the moment he took over nearly five years ago. April or September, it doesn't matter.

"It's not like we have a big-series button when it's shared with us that it's a big series," Hurdle said.

Maybe, but his streaking team certainly seems to play like it.

Pedro Florimon scored on Starling Marte's sacrifice fly in the eighth inning, and the Pir-

46

Mark Melancon worked a perfect ninth for his major league-leading 46th save.

ates beat the Chicago Cubs 5-4 in the first game of a day-night doubleheader Tuesday to inch closer to first-place St. Louis in the NL Central.

Tied 4-4, Florimon entered as a pinch runner after Pedro

Alvarez worked a leadoff walk against Justin Grimm (3-5). Florimon stole second and sprinted to third when the throw from catcher Jesus Montero rolled into centre field.

Marte, playing for the first time since injuring his shoulder last Thursday, hit a sharp liner to left. Florimon flew Superman-style across home plate to easily beat Austin Jackson's throw as the Pirates momentarily moved five games ahead of the Cubs for the top NL wildcard spot and within two of the Cardinals. THE ASSOCIATED PRESS



Canadian rugby forward Evan Olmstead was born in Vancouver but raised in Australia. Olmstead is being counted on to add physicality to Canada's campaign. IAN MUIR/THE CANADIAN PRESS

Olmstead will help us in hairy situations

RUGBY WORLD CUP

Forward's power is key as lowly Canada in hard group

Canada had the beardos at the 2011 Rugby World Cup. Now four years later, Canadian forward Evan Olmstead is bringing his own brand of manic hair to the tournament.

The six-foot-five, 247-pounder comes complete with beard. But the 24-year-old lock also has a wild head of hair that can be controlled via man-bun for formal occasions like the Toronto fundraising dinner where Canada's World Cup roster was announced.

"It's usually pretty loose and flowy," said the Aussie-raised Vancouver-born big man. "It's a bit of a handful in games sometimes, trying to keep it out of your eyes. I've been experimenting with lots of differ-

ent techniques for that.

"But it's something fun. I like having it."

In addition to big hair, Olmstead brings a hard-edged physicality to the pitch.

Canadian coach Kieran Crowley called Olmstead "the biggest mover" in the forwards in the leadup to the World Cup. Criticized in the past for being out of shape, Olmstead has shed pounds and moved up the depth chart.

"He brings a real edge to the game," said Crowley. "The teams we're playing we need that physicality."

Canada, ranked 18th in the world, opens Saturday against No. 6 seed Ireland in Cardiff.

The Canadian men will need all the help they can get at the tournament. They are 0-5-1 against the Irish and a com-

bined 5-20-1 against Pool D opposition: Ireland, No. 7 France, No. 14 Italy and No. 17 Romania. Olmstead was born in Canada but moved to Australia, when he was three.

His father John elected to move the family Down Under to join a friend who had a start-up company in Sydney.

It was supposed to last two years but the family ended up staying.

Olmstead comes from sporting genes.

His father, who passed away in 2008 at 52, was once offered a contract by junior hockey's Edmonton Oil Kings and went on to become a rugby player of some renown himself.

Crowley said Canadian selectors have had their eye on him ever since, constantly at him to get bigger and fitter. Olmstead

subsequently bulked up to 255 pounds. "I was carrying quite a bit around the belly and then in Fiji (at the World Rugby Pacific Challenge in March) I got yelled at by pretty much everyone. The strength and conditioning coach nearly had a heart attack when I turned up."

"It's gone now though, you can be assured," he said of the excess pounds. "They've seen to that pretty quickly."

He excelled in the training camp before this summer's Pacific Nations Cup, earning his first senior cap against Samoa on July 29 in Toronto. He enters the World Cup with five caps.

Olmstead has played the last two Canadian Rugby Championship seasons with the Prairie Wolf Pack, commuting between Canada and Australia depending on the rugby season. Back home in Australia, where his mother, sister and girlfriend live, he plays for Parramatta Two Blues and hopes to earn a pro contract with his play at the World Cup.

THE CANADIAN PRESS

RUGBY

Five individuals to watch at this year's World Cup in Britain



Kieran Read, New Zealand



Israel Folau, Australia



Jacques Burger, Namibia



Courtney Lawes, England



Referee Nigel Owens

ALL IMAGES GETTY

Kieran Read, New Zealand

The six-foot-four, 245-pound No. 8 was named World Rugby Player of the Year in 2013. Big and mobile, Read has no problem being in the thick of things.

But he can also often be found near the sideline, adding another link to the New Zealand backline where his ability to offload in the tackle adds to an already potent attack. The 29-year-old has 90 points and 78 caps for New Zealand.

Israel Folau, Australia

Just 26, Folau came to rugby union late after careers in rugby league (NRL's Melbourne Storm and Brisbane Broncos) and Australian Rules Football (AFL expansion team Greater Western Sydney). He was just 17 when he debuted for the Storm in the National Rugby League. After two seasons in the Australian Football League, he signed

with Super Rugby's Waratahs in December 2012 and made his Wallabies debut in 2013. A silky-smooth runner, the six-foot-four 227-pound back is excellent under the high ball.

Jacques Burger, Namibia

Playing in his third World Cup, the 32-year-old Saracens flanker and Namibia captain is a hard man known for his ferocious hits on the field. The six-foot-two, 234-pounder pays for his style of play, sacrificing his body for the cause. Burger's nose hasn't been straight for a while but he can be a one-man wrecking crew as shown in 2013 when he made an Aviva Premiership-record 37 tackles against the Exeter Chiefs.

Courtney Lawes, England

Another huge hitter, the six-foot-seven, 260-pound Northampton Saints lock has left a trail of bodies in his wake. Tall and

athletic, the 26-year-old Lawes has the speed to line up opponents and the power to cut right through them.

Referee Nigel Owens

The 44-year-old was the most experienced with 60 tests when World Rugby announced its referee panel for the tournament.

The Welshman is also considered to be one of the world's best officials, able to run a game while keeping up a rapport with players. Viewers will be able to hear Owens and other referees during the tournament, as they are wearing microphones.

Elite rugby referees routinely speak to players during games, warning them if they are close to infringing. This will be his third World Cup. Owens came out publicly as gay in 2007, in an article published in Wales on Sunday.

THE ASSOCIATED PRESS

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IN BRIEF

France, Spain to meet in Eurobasket semifinal

Tony Parker scored 18 points to pace defending champion France to an 84-70 victory over Latvia and set up a showdown with Spain in the semifinals of the European basketball championship.

Pau Gasol scored 27 points and Nikola Mirotic added 18 to book Spain's place in the semifinals with a 73-71 victory over Greece.

France took the title away from Spain two years ago in Slovenia when it beat the Spaniards in the semis before defeating Lithuania in the final. THE ASSOCIATED PRESS

Kosovo moves toward UEFA membership

Kosovo can take a step closer to joining UEFA this week, a move that could lead to a place in 2018 World Cup qualifying.

Membership of Europe's football governing body will allow the former Serbian enclave's national team and clubs to start playing in continental competitions.

That is the first step required before gaining FIFA membership, part of Kosovo's wider push for international recognition since defying Serbia by declaring independence in 2008.

UEFA's executive committee can rule the Balkan republic eligible to apply when it opens a session on Thursday in Malta.

Full membership can only be granted by UEFA's annual congress, which meets in March in Budapest, Hungary.

THE ASSOCIATED PRESS

Painful return to Europe

UEFA CHAMPIONS LEAGUE

Red Devils fall in Netherlands, lose Shaw to ugly leg break

Manchester United squandered a lead to lose 2-1 at PSV Eindhoven and had left back Luke Shaw carried off with a broken right leg on an unhappy return to the Champions League on Tuesday.

Shaw required oxygen while he was taken off on a stretcher after being hurt by a two-footed tackle from Hector Moreno in PSV's area in the 15th minute. Images showed Shaw's right foot was bent at a 45-degree angle and United said after the match that Shaw "suffered a double fracture of the leg."

"It is awful," United manager Louis van Gaal said. "When he came into the dressing room, he had an oxygen mask and was crying."

Memphis Depay, signed from PSV this summer, gave United the lead in the 41st minute of the Group B match by dribbling between two defenders and shooting through the goalkeeper's legs.

Moreno equalized in the lengthy period of first-half stoppage time — caused by his challenge on Shaw — with a header that deflected in off United defender Daley Blind. Luciano Narsingh's 57th-minute goal secured



Hector Moreno scores in first-half stoppage time to get PSV Eindhoven on the board against Manchester United on Tuesday. PSV went on to win 2-1 in the first round of UEFA Champions League group stage play. DEAN MOUHARTOPOULOS/GETTY IMAGES

victory for the Dutch champions, who were the top seeds in the group but arguably the weakest team out of United, Wolfsburg and CSKA Moscow.

For United, the disappointing result of its first Champions League match in 17 months will be overshadowed by the injury to Shaw, whose displays this season demonstrated why the club made him one of the world's most expensive teenagers by signing the

then-18-year-old in the summer of 2014 for \$46 million.

"Defeat hurts," United goalkeeper David de Gea said, "but Luke Shaw's injury hurts even more."

Shaw was running into the PSV penalty area when he was felled by a challenge from Moreno. He was clearly in pain as he fell to the ground and there was a delay of about eight minutes as medical staff attended to him on the pitch.

Not even a foul was awarded and United would have felt a sense of injustice when Moreno rose in the second minute of stoppage time to head in a ball

that flicked off Blind and into the net.

Juan Mata wasted United's best chance at an equalizer, miscontrolling with the goal gaping after being found by Bastian Schweinsteiger.

"We can only blame ourselves because we have created so many chances," Van Gaal said. "You have to be effective and PSV were very effective."

THE ASSOCIATED PRESS

Cristiano Ronaldo has scored eight goals in his last two competitive games after notching a hat trick on Tuesday. THE ASSOCIATED PRESS

AROUND EUROPE

Juventus 2, Man City 1
Benfica 2, Astana 0
Atl. Madrid 2, Galatasaray 0
PSV 2, Man Utd 1
Paris SG 2, Malmö 0
Real Madrid 4, Shakhtar 0
Sevilla 3,
Monchenglabbach 0
VfL Wolfsburg 1,
CSKA Moscow 0



When I say it's a penalty and a red card, I'm a bad loser. It was a bad tackle with two legs.

Manchester United manager Louis van Gaal

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Prep time: 10 minutes

Cook time: 12 minutes

Serves 4

Ingredients

- Sauce
- 1/4 cup brown sugar
 - 1/4 cup rice wine vinegar
 - 2 Tbsp light soy sauce
 - 1 Tbsp grated ginger root
 - 1 Tbsp chopped garlic
 - 2 tsp sesame oil
- 8 boneless, skinless chicken thighs
- 2 Tbsp cornstarch
 - 2 tsp oil
 - 2 cups sugar snap peas, sliced in half
 - 2 tsp black and white sesame seeds

Directions

1. Sauce: Combine sugar, vinegar, soy sauce, ginger, garlic and sesame oil. Set aside.
2. Dust chicken with cornstarch. In a large skillet, add oil and sauté chicken just until cooked through to about 160 F for about 10 minutes. Cut into one-inch pieces.
3. Wipe out skillet, spray with vegetable oil and sauté snap peas just until bright green and still crisp about two minutes. Add dressing and chicken and stir fry just until sauce slightly thickens. Place in serving dish and garnish with sesame seeds.

Nutrition per serving

- Calories 320
- Protein 32 g
- Carbohydrates 27 g
- Fibre 4 g
- Total fat 9 g
- Saturated fat 2 g
- Cholesterol 115 mg
- Sodium 570 mg

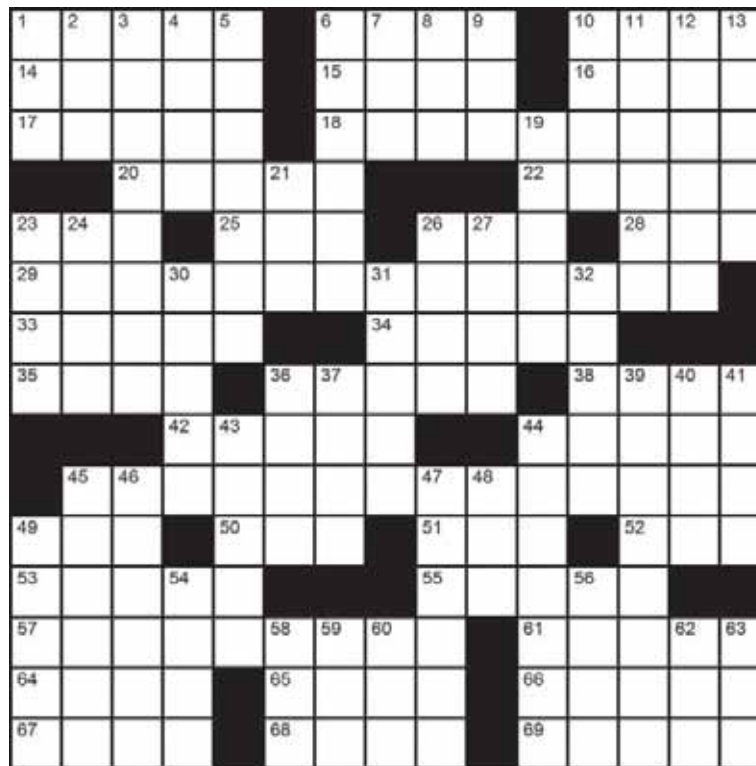
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. The real deal
6. Macklemore & __ Lewis
10. Marianas island
14. Sidestep
15. Roof's overhang
16. Formerly
17. R.U.R. playwright Mr. Capek
18. Star Wars furry fellow
20. Major airline in The States
22. Embellish
23. Chill
25. 'Garlic' in Gaspe
26. Fall from grace
28. Away
29. Romantic setting for two in a quaint restaurant: 2 wds.
33. Bay window
34. __ prosequi (Not proceeding, in law)
35. Sort of tide
36. Transferred image, such as a non-permanent tattoo
38. Alphabet sequence
42. City of canals in Japan
44. Three member groups
45. After supper chore: 2 wds.
49. Jack, to Ozzy
50. Previous
51. Nonverbally agree
52. Names like Larry's character on "Dallas"
53. Industrial city in Germany
55. Sporty cloth-



- ing fabric
57. To that matter, archaically
61. Oars-wielding one
64. The Yukon, e.g.
65. Dracula's one-of-two
66. Arm bones
67. Bits of food

68. Aware/privy: 2 wds.
69. Orange flavoured

DOWN

1. Currency in Albania
2. Little __ ('60s songstress)

3. Evergreen shrub with large white blossoms
4. Notion, in Montreal
5. __-__ book (Revealing celebrity read)
6. Remember
7. Derisive shout!
8. Portage in Win-

- nipeg, e.g.
9. Hot off the press
10. Prod
11. Not hip
12. Grow, as bank interest
13. Intended
19. Commonplace
21. Affiliation
23. Desktop

- symbol
24. Attention
26. Ancient portico
27. "___ cost you!"
30. Terminus
31. Machu Picchu inhabitant
32. Oft-quoted baseball legend Yogi
36. Willy Wonka's creator Roald
37. Laboriously got by
39. Nickname for Newfoundland's capital that has a unique spelling: 2 wds.
40. Roadie's gig
41. Mail org. in The States
43. Elegant biscuit
44. 2016 U.S. Presidential candidate born in Canada in 1970: 2 wds.
45. __ salt (Seasoning sort)
46. Shopping sales magazine added to a newspaper
47. Iconic train symbol created by Toronto-born graphic designer Allan Fleming (b.1929 - d.1977): acr. + wd.
48. Movieдом's Myrna
49. Brief but heated squabble
54. Goes astray
56. Character's function
58. Spaceship sort, shortly
59. Grandma
60. Mtn. blaster
62. Dine
63. Web feed syst. for updates

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your ideas may be amazing but unless you find practical ways of applying them to your everyday affairs they won't do you much good. All you need is one simple idea that can be consistently applied — then you'll find fame and fortune.

Taurus April 21 - May 21
Something you begin over the next few days could change your life in remarkable ways, so stop dithering and start living the dream.

Gemini May 22 - June 21
Not everything will go the way you want but things that work out right will far outnumber those that don't. A dispute can now easily be resolved — if you are willing to say sorry first.

Cancer June 22 - July 23
Because recent months have been hectic for you there were a number of things you wanted to do but never quite got round to. Now you can begin to move in a more agreeable direction. Focus only on what brings a smile to your face.

Leo July 24 - Aug. 23
The successes and triumphs of late could still easily be reversed, so don't start thinking you no longer need to make an effort. Don't slow down just before the final chapter.

Virgo Aug. 24 - Sept. 23
Before the Sun leaves your sign on the 23rd there will be one or two more surprises. Make the most of your opportunities.

Libra Sept. 24 - Oct. 23
Get your head around what you need to change to make your life more complete. Be practical — don't let idle daydreams lead you astray.

Scorpio Oct. 24 - Nov. 22
Are you delighted with what you have achieved? Or are you saddened because you wasted so many opportunities? Either way, do not get worked up about it. You will always get another chance.

Sagittarius Nov. 23 - Dec. 21
The way you react to problems is important today. If you criticize others too harshly then you must expect to make yourself unpopular — and most likely make matters worse. Strive to see the good in everyone.

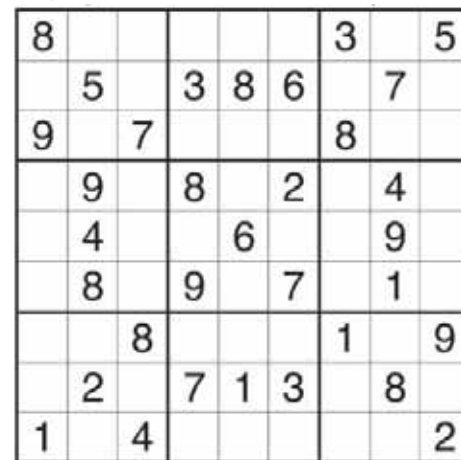
Capricorn Dec. 22 - Jan. 20
Open your eyes to new possibilities. Too often in the past you have been content to let life come to you, but now you must push yourself forward at every opportunity. Success comes to those who dare.

Aquarius Jan. 21 - Feb. 19
Over the next few days you should take any and every opportunity to rest, recuperate and recharge. When the Sun changes signs on the 23rd it will be all go again so save yourself for then.

Pisces Feb. 20 - March 20
Your brain will be buzzing with big ideas. But are they practical ideas? For best results you should limit yourself to one or two objectives.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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